

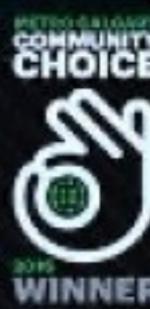
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Nenshi will seek re-election

POLITICS

Mayor says he will run for 3rd term in 2017 on online video

Brodie Thomas
Metro | Calgary

The question everyone's been asking has finally been answered.

Mayor Naheed Nenshi announced in a video statement Friday morning that he would be seeking re-election in 2017.

It will be his third run for the mayor's chair, and his fourth run for municipal office.

Nenshi began his announcement by talking about the investments that have been made in city infrastructure since he took office.

"We've worked hard to make government work better," he said. "The Economist calls us one of the top five cities in the world in which to live, and we do it all for some of the lowest property taxes in Canada."

Finally, he said there's work to be done building a more resilient economy and better infrastructure to weather natural and man-made disasters.

Nenshi remained tight-lipped about the possibility of a third term as mayor until now, noting that he does not believe in "perpetual campaigns."

As of Thursday night, his name was still not added to the city's election candidate registry — a formality needed to begin fundraising for an election campaign.

While 43 people have made it known they plan to run for council, so far, nobody else has put their name forward for mayor.

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Trucker talks of regret, respect

INDIGENOUS ISSUES

Raised by a native grandmother, he feels shame, fear at sticker reaction

 **Josie Lukey**
For Metro | Calgary

Larry Nykolyshyn said he's hanging his head in shame after backlash from a racially insensitive sticker on a water hauler truck.

A photo taken of the truck went viral when posted to social media, because the sticker above the front grill read "One Squaw Too Many."

As a result, Nykolyshyn said he's now answered more than 30 phone calls — some threatening his own life and the lives of his two daughters.

"I've never turned my phone off, I've dealt with every call that's come to me — even the ones at four o'clock in the morning," Nykolyshyn said.

But as an indigenous man himself, Nykolyshyn said he knows the strength of indigenous women.

After being raised mostly by his grandmother and watching his own father abuse his mother, he made a commitment to never hurt women. So when Nykolyshyn saw similar signs in his co-worker, he thought making a joke about the situation would help lift his spirits.

According to Nykolyshyn, a 'squaw' is a historical term used for strong indigenous women like 'buck' is used to describe strong indigenous men. So when he heard the sticker was offensive to some people, Nykolyshyn said he took it off so fast you can actually see marks on his hand from ripping it off.



CONTRIBUTED

I learned a hell of a lot more in one week than I did in the last 20 years.

Larry Nykolyshyn

But that didn't stop Sinopec Daylight Energy — with whom Larry had been working with for 20 years — from removing his company from the approved contractors list.

In a statement, Sinopec said they're aware of the incident and "effective Monday, October 31, (Larry's Water Hauling) will no longer be considered for Sinopec work."

The statement also noted that Sinopec doesn't tolerate any forms of racism,

harassment or discrimination.

Nykolyshyn said he was devastated when he heard the news, but is trying to move on. He said before the incident, he never followed social media and wasn't aware of the seriousness of the ongoing inquiry for missing and murdered indigenous women and how offensive the sticker was.

Now Nykolyshyn is taking the incident as an invitation to reconcile with the community by reaching out to local

indigenous groups in order to surround himself with the community instead of being isolated.

One person helping in that process is Michelle Robinson, aboriginal liaison of 12 Community Safety Initiative in Calgary who had called Nykolyshyn looking for understanding.

"In indigenous culture, we really talk about a restorative culture. So who would I be if I didn't offer that to him?" said Robinson.

Robinson said after her conversation with Nykolyshyn, she knows just how much the incident impacted his life. According to Robinson, Nykolyshyn is having trouble sleeping and was on the verge of tears the entire call because of her offer of support.

Nykolyshyn said he's going to take the incident with him to his deathbed.

"I learned a hell of a lot more in one week than I did in the last 20 years," Nykolyshyn said.

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Surviving a massacre

TRAGEDY

Calgarian recalls 1984 Sikh killings in Delhi

Aaron Chatha
Metro | Calgary

It's Nov. 1, 1984, and Sarwant Singh is in Delhi, India, in hiding with his sister's family. He's been separated from his wife and children and has no idea if they're alive or dead. Out on the street, a Sikh man is burned alive by rioters.

Singh pauses his story. Now living in Calgary, more than three decades later, it's still difficult to talk about.

India was, and still is, a country made up predominantly of Hindus, and for those first days in November, 1984, mobs would be focused on weeding out the Sikh population in Delhi and Punjab, as retribution for Prime Minister Indira Gandhi's recent assassination by her Sikh bodyguards.

Sikh women are raped, children are murdered and at the peak of the violence, official reports would say one Sikh per minute was killed.

"I suffered a great loss there. There was so much bad. I can't express how much we suffered continuously for four days," Singh recalled from his northeast Calgary home.

The Sikh religion says never to cut one's hair, but Singh — visibly Sikh with his turban — is worried for his family. So he removes the cloth holding his hair in place, upright and proud, and shears off a lifetime of faith so he can pose as a Hindu and make his way

To save my children and myself, there was no alternative. People were bent on (hunting) anyone who said they were Sikh.

Sarwant Singh



More than three decades later, Sarwant Singh has resettled in Calgary, but still recalls the event of November 1984 vividly.

AARON CHATHA/METRO

through the mobs.

"To save my children and myself, there was no alternative. People were bent on (hunting) anyone who said they were Sikh."

His home has been looted, so he approaches the police

for help. Singh is sent from one station to the other — somehow none of them are the right jurisdiction — until finally he's flat-out told he will not be getting any help.

Still, there is a glimmer of hope — after four days,

Singh manages to reunite with his family.

"When I saw that they were still alive, I felt so happy. I wasn't sure if they were killed," he said.

He then manages to get in touch with the army — which

is disproportionately made up of Sikhs at the time — to help him and his family get to safety until the violence subsides.

Years pass and Singh decides he eventually wants to leave India. In 2007, he and his family settle in Calgary.

HISTORY

The violence of 1984

One of the darkest years in India's history took shape when members of a separatist faction in the state of Punjab killed civilians and government officials.

The attackers took sanctuary in the Golden Temple, a holy site for Sikhs.

In response, Prime Minister Indira Gandhi ordered a military assault on the temple, in which many civilians were killed.

A few months later, the prime minister was assassinated by two of her Sikh bodyguards.

The assassination triggered mass killings of the Sikh population around the country.

The Indian government officially labels the incident as the 1984 riot, but the local Sikh community has a different term for it: genocide.

Candlelight vigil

On Nov. 5, the Calgary Sikh community is holding a candlelight vigil at the Dashmesh centre at 7:30 p.m. to honour the victims.

There will be speeches, and a documentary screening with stories from local survivors. Singh's story will be included.

"People lost their lives because they were Sikh."

"We need to keep telling the kids, the next generation, and support the victims still out there," said the president of the Dashmesh centre, Parmeet Singh.

He said all are welcome to attend.

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Animal cruelty case ends with fine, ban

COURT

Sentence makes monitoring the owners easier: Humane Society

Lucie Edwardson
Metro | Calgary

A Calgary couple has been sentenced following an animal cruelty case that had nearly 100 animals taken from their feces-caked home back in August 2014.

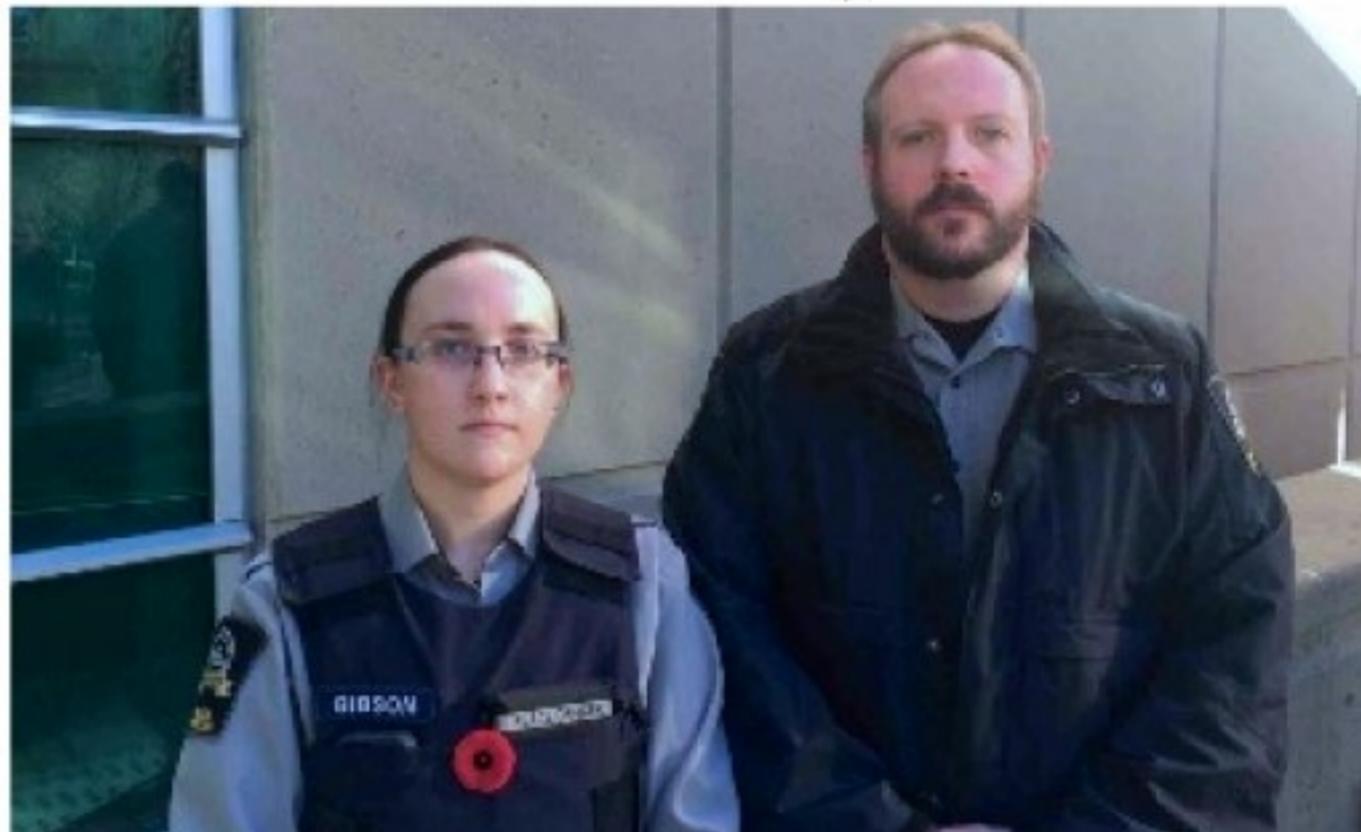
On Thursday Provincial Court Judge Allan Fradsham ordered Anthony and Christine Berry to each pay a \$6,000 fine, and placed a lifetime prohibition against each from owning, residing with or caring for animals — except one fixed dog or cat each.

The trial stemmed from an August 2014 investigation that led to the seizure of 91 animals, including 69 rabbits, 20 hamsters, one dog and one cat, from the Berry's Erinwoods home.

Many of the animals to be euthanized immediately and only a fraction of them could be adopted out into the community.

Brad Nichols, Manager of Animal Cruelty Investigations for Calgary Humane Society said they were happy with the sentence.

"The fine is on the higher end of what we've seen in these types of cases and it reflects the egregious nature of the offences," he said.



Calgary Humane Society lead investigator, Jill Gibson, and Manager of Animal Cruelty Investigations, Brad Nichols, said this is one of the worst cases of animal abuse they'd ever seen. LUCIE EDWARDSON/METRO

In terms of the prohibition, Nichols said the fact that they are each allowed to own one fixed dog or cat actually works in the favour of the Humane Society.

"The exception actually allows us easier monitoring of the situation," he said. "We will monitor and have our counterparts at SPCA as well if there is a move."

Nichols said he ultimately believes the sentencing to be punitive and allows for the crimes not to be committed again.

The Berry's lawyer, Paul Brunnin, said a downward spiral in the care for the animals took place

after Christine broke her leg in 2014, leaving an overwhelmed Anthony to care for the animals.

Conditions in the home at the time of the seizure were deplorable, according to the Humane Society. They said there were rabbit cages everywhere, animals visibly suffering and living in more than a foot of feces.

"It was definitely one of the more heinous cases of cruelty I've ever seen. The most amount of suffering in one place," said primary investigator Jill Gibson.

Gibson said Mr. Berry also pulled a knife on her and her

partner, along with the attending Calgary Police Service officer, when they first attended the scene.

This incident was documented in court proceedings.

"(It was) a little bit unnerving — a bit scary," she said. "I think we all got caught up in the animal cruelty side of stuff and we were more concerned about the animals to be honest."

The Berry's, who have since separated due to the stress of the case, have each been given until Nov. 1, 2018 to pay their respective fines.

DRUGS

Police give support to safe consumption sites

The Calgary Police Service is putting their support firmly behind the province's decision to explore the use of supervised consumption sites to combat the ever-growing opioid problem in Alberta.

Staff Sgt. Martin Schiavetta said CPS will act as a supporter as the sites are set up. He said it will be one service in what he hopes is a multi-faceted approach in dealing with the issue.

"The sites that are proposed are not just safe consumption sites, they're more than that," he said. "They'll hopefully going to provide wrap-around services to deal with the persons addictions."

Dr. Thomas Kerr, co-director of the Addiction and Urban Health Research Initiative at the British Columbia Centre for Excellence in HIV/AIDS said there are a few things people need to know about safe injection and

consumption sites.

Kerr said the sites reduce public disorder by bringing people indoors and out of public spaces when consuming as well as significantly reduce the risk of infectious disease transmission through things like syringe sharing, and they provide emergency response.

"Those things aren't contingent on having a whole bunch of other services around," he said.

Kerr said however, that it's obviously better when there's a full contingent of supports available through the sites.

"We know that supervised injecting sites are excellent vehicles for connecting people to other forms of care."

Dr. Thomas Kerr

“

We know that supervised injecting sites are excellent vehicles for connecting people to other forms of care.

to other forms of care such as addiction treatment," he said. "The point is clear: if you don't have those services then you have nowhere to refer people to."

Kerr said in Vancouver they saw a 30 per cent increase in just one year of safe site users entering abstinence-based programs.

Schiavetta said they've learned a lot from Vancouver's model for safe injection sites, but the sites are in an

area that's known to have a high volume of users, whereas in Calgary the majority of overdoses are happening in suburban communities.

"What the sites are going

to look like, I'm not sure," he said. "Will they be standalone, will they be mobile clinics like Safeworks?"

Kerr said one of the hurdles Alberta will have to overcome with this issue is dissenters who argue the sites will increase crime and enable drug use.

"People see these as controversial interventions for no particular good reason," he said. "In fact it's a very simple medical intervention with very predictable effects and those predictable effects have been evaluated and found to bear truth."

Kerr said there are more than 90 safe consumption sites throughout the world with over a decade of experience.

"We need to honour that experience, honour the scientific evidence of this and not recreate dramas that have already been assessed and found not to occur."

LUCIE EDWARDSON/METRO

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Or are you flushing when you're not blushing?

Red pigmentation can also result from excessive sun damage along with other causes. Either way, red and brown pigmentation affect the appearance of skin. Many women cover up uneven red and brown pigmentation with makeup. Men can't do much to camouflage either. The good news is that there are solutions within medical aesthetics that can restore skin to even tones, whatever the cause.



Let's start by looking at some of the causes of red and brown discolouration:

Sun Damage: The most common form of sun damage will appear as small tan, or brown spots which tend to be darker than usual freckles. They vary in size and usually appear on the face, neck, chest, back, hands, arms, or anywhere that gets a lot of sun exposure. Some sun spots are large and can darken and thicken over time. Some can become skin cancer.

Poikiloderma: Reddish-brown pigmentation that is splotchy and uneven and may be sprinkled with white spots is also sun damage. This type of sun damage is most common on the neck and chest when skin is chronically exposed to the sun.

Actinic Keratosis: These rough, scaly, raised patches that range in colour from pale to brown are also caused by sun exposure. They too can become cancerous.

Flushing: Excessive exposure to ultraviolet rays can cause a permanent stretching of small blood vessels in the skin. This can result in a red pigmentation that may be mottled in appearance.

Rosacea: Flushing can also be caused by a condition known as Rosacea. Rosacea is not sun damage and there are different types. Rosacea may be accompanied by small visible blood vessels and is sometimes associated with acne-like breakouts. Progressive Rosacea can result in thickening of the skin on the nose that resembles the texture of orange peel. Skin may be sensitive. It may sting, burn or become inflamed.

Melasma: Brown discolorations that do not look like spots but more like stains are usually Melasma, a condition often triggered by hormones. Melasma is not sun damage but will darken dramatically after very little sun exposure.

Reds and Browns, be GONE!

The best course of treatment to erase the visible effects of sun damage and other causes of pigmentation concerns can vary depending on the type and degree of damage and how much natural melanin is in the skin. The space of this article cannot accommodate an explanation of all the options. As you may know, Skinpossible has more technology than any other medical aesthetics clinic in Calgary, so the options are broad. They range from medical-grade phototherapy for sun damage, flushing and rosacea on fair skin types, Frac3 for brown pigment on darker skin, Active FX for textured lesions, a cold microlaser peel for melasma, laser vein therapy for blood vessels, to a condition specific skincare regime.

If your skin no longer radiates youth due to pigmentation concerns, let me tell you that it is not something you have to live with. Nor do you have to fear being seen without your makeup on. Call and book a consultation to come in and learn which of the options will be right for you.

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MARIJUANA ADVOCACY

Council plants seed for weed legalization

**Helen Pike**

Metro | Calgary

Calgary's city council is going to bat for those with green thumbs, instead of being caught up in the weeds of hobbyist marijuana growers.

This is a nod to the federal government as it embarks on regulatory framework for legalizing recreational marijuana.

On Thursday, the city committee discussed an "advocacy

position" on regulating and legalizing marijuana.

This document will give the federal government an idea of what the municipality would like to see when the drug is legalized in the spring of 2017.

Mayor Naheed Nenshi said there's much to consider, the city has concerns about land use, business licensing, how weed will affect our neighbourhoods, how police will handle enforcement and more.

"There's a whole whack of

situations the city has to manage," said Nenshi.

Originally, the city's position was to prohibit growing pot plants at home — but Coun. Brian Pincott, and others, came out in opposition.

"To advocate for a prohibition, I feel is completely wrong," said Pincott.

The city originally proposed limiting indoor plant growth due to health and safety concerns, but councillors worried they were conflating the idea of grow-ops

in contrast to hobbyists with a few crops.

"It's not like that," said Pincott. "Of course there will be people who want to grow at home, just like there are people who brew their own beer — at the end of the day, there's no difference."

Another item on the city's wish list is that they be considered for revenues of any taxation — and that the government consider revisiting revenue streams from other substances like alcohol.

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Pre-1970 suites have been known as 'legal non-conforming,' but now the city is providing those homeowners an easier path to the registry. JENNIFER FRIESEN/FOR METRO

Secondary shortcuts

PROPERTY

Pre-1970 suites will be able to benefit from looser codes

**Brodie Thomas**

Metro | Calgary

Got an older home with a questionable secondary suite? Don't panic just yet. You may be able to bring it up to code easier than you think.

The city is taking steps to recognize "pre-1970" secondary suites, and help homeowners get them legal and registered, even in RC1 communities.

Cliff de Jong, senior special projects officer with planning and development, explained that in 1969, the city's land use bylaw was quashed by a provincial court and had to be rewritten.

That means if a suite was built with a building permit before 1970, it's grandfathered in.

While realtors have known about the pre-1970 loophole for years, now the city wants to make it easier for owners of these properties to get them

in line with minimum safety standards.

De Jong said homeowners have to dig up city records to show that the suite existed prior to 1970, and that it hasn't been extensively renovated.

"It can't have been dismantled," he said

Once that's done, the other big thing involves bringing the suite up to minimum life safety standards.

While a new suite added to any building would need to meet the latest building code, the city isn't asking as much on older suites.

"They don't have to comply with the full requirements of the building code," said de Jong. "You don't need the second furnace, you don't need hard-wired smoke alarms in every room."

Also, homeowners in RC1 communities can skip the time-consuming process of going before council for a land use amendment.

Ward 8 Coun. Evan Woolley said getting a suite legal and registered has value, especially in the current rental market.

"People want to ensure that they're living in a legal and safe place, and the registration system helps promote that," he said.

You don't need the second furnace, you don't need hard-wired smoke alarms in every room. Cliff de Jong, planning and development

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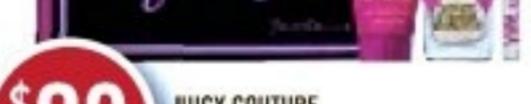


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Centennial baby at centre of celebration

EDUCATION

Newborn Mohammed will get a full scholarship

Jennifer Friesen
For Metro

When Mohammed Sher took his first breath on October 16 at 1:06 a.m., he won a race he didn't even know he entered.

His birthday is shared with the Southern Alberta Institute of Technology (SAIT), and this year happened to be a special one for the post-secondary — their centennial.

As the first baby born in Calgary that day, SAIT officials celebrated their latest milestone by dubbing Mohammed their "centennial baby," awarding him with a full scholarship to the institution.

It may take a decade or two for him to claim his prize, but his mother, Sidra Siddique, and father, Umar Riaz, said it's an "unbelievable" gift. "(It's) very exciting," Riaz said through a grin. "Our son is lucky."

The new parents brought baby Mohammed to SAIT on Thursday morning to introduce him to some of the people who made the scholarship possible: SAIT president and CEO Dr. David Ross and Craig Senyk with Mawer Investment Management, one of SAIT's centennial sponsors.

"When the idea first came to the table, there was no hesitation to take it on," said Ross. "Why not have the first baby born in SAIT's second century be recognized and provide them with a unique leg up?"

The arrival of Siddique, Riaz,



New father Umar Riaz with his son, Mohammed Sher, on Thursday at SAIT, where they celebrated Mohammed becoming SAIT's first centennial baby. JENNIFER FRIESEN / FOR METRO

**It's very exciting.
Our son is lucky.**
Mohammed's father
Umar Riaz

Mohammed and Siddique's brother Ali Awais was much anticipated, Ross said. And as they entered the room, lined with balloons and gifts, the anticipation was clear as everyone

clamoured over to get a peek at the sleeping centennial baby.

"We've all been looking forward to this day," said Ross.

"Being an educator, you get to meet some amazing folks. You get to see in real time what it all means and what education can do to allow people to pursue their careers, to participate in their communities, to help build their families — and we're seeing that first hand here today. This is a great moment."

After Mohammed was born,

\$20,000 was invested for his future education, and Senyk said he hopes to see that tuition money flourish in the market.

"Today is an interesting day," said Senyk. "I can't wait to look back on this moment 20 years from now and see what has become out of this moment."

"This family is relatively new to Calgary, they moved here (from Pakistan) four years ago, so it's nice to celebrate together and celebrate a new family in Calgary."

GOVERNMENT

Plan to meet renewable power targets widened

The Alberta government plans to use revenues from its carbon levy on large emitters to help spur investment in green power.

Environment Minister Shannon Phillips outlined details of the Renewable Electricity Program on Thursday as she announced proposed legislation aimed at getting the province to its 30 per cent renewable target by 2030.

Currently, 10 per cent of the province's power comes from renewables such as wind, solar and hydroelectric.

"Albertans are doers. We are leaders. When people say something can't be done, we prove them wrong."

66

**Albertans are doers.
We are leaders.
When people say
something can't
be done, we prove
them wrong.**

Environment minister
Shannon Phillips

Neither the government nor AESO provided an estimate of how much the program is expected to cost, as there are many variables at play.

The first round of bidding for 400 megawatts in projects is to open early next year.

The winners of those 20-year contracts are to be announced toward the end of 2017.

THE CANADIAN PRESS

newable electricity capacity by 2030 through auctions run by the Alberta Electric System Operator.

The cost of the program — which the government expects to draw at least \$10.5 billion in private sector investment and to create 7,200 jobs — will not be borne by ratepayers, but will be funded out of carbon revenues.

"In this way, we are turning emissions today into renewable energy tomorrow," said Phillips.

Neither the government nor AESO provided an estimate of how much the program is expected to cost, as there are many variables at play.

"We've become the example the rest of the country and the world can follow," Phillips told a conference held by the Canadian Wind Energy Association.

The program's goal is to add 5,000 megawatts of re-

IN BRIEF

Police investigate vicious downtown beating

A man in his 40s was rushed to hospital early Thursday morning after he was reportedly stabbed and beaten.

Calgary police said they're currently investigating the incident, which took place around 1:30 a.m. Thursday in the 1000 block of 1 Street SW.

The victim was rushed to hospital and is in critical, life-threatening

condition, police said.

CPS also said witnesses at the scene were unable to provide accurate information about the apparent assault because they were under the influence of alcohol.

Police have asked anyone who may have witnessed the assault to come forward and call CPS at 403-266-1234 or contact Crime Stoppers at 1-800-222-8477.

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University of Calgary pre-service teachers ask kids if we should host the 2026 Olympics.
JENNIFER FRIESSEN / FOR METRO

Olympic bid as a math problem

EDUCATION

Future teachers create Grade 10 lesson plans to see pros, cons

 **Helen Pike**
Metro | Calgary

What if the next generation of Calgarians tackled the Olympic bid question? Well, they certainly wouldn't need a \$5 million budget to do it.

Much like kids working towards a mock United Nations, student teachers at the University of Calgary Werklund School of Education have created detailed lesson plans for grade-school-aged children to ask the question: should or shouldn't we bid for the 2026 Olympics?

This year, interdisciplinary lesson plans developed by more than 400 pre-service teachers explored many topics that

would have kids using math, social sciences and other faculties as part of their school year. On Wednesday, they were presented to University of Calgary profs, the school's deans and even had the scrutiny of school kids.

Alisa Nixon and Kelly Ann Meeuwisse were behind a group that created a Grade 10 lesson plan tackling the Olympic bid question. Students would spend four weeks researching the economics, ethics and impact of a bid process, acting as impartial members of the Calgary Bid Exploration Committee (CBEC).

"We felt the question was authentic to Calgary right now," Nixon said. Meeuwisse added as students do their own research and inquiries they can follow along with current events.

The group felt Grade 10 students were more than capable of analyzing the question, and what's more, they might offer a different perspective.

"I think they'd definitely be excited, and want to have the

Olympics hosted in their city," Meeuwisse said. "They wouldn't be as influenced by the politics."

Dianne Gereluk, associate dean at the U of C Werklund School of Education said although this is an exercise in the student teacher's schooling, there's a chance their projects could catch the eye of the mainstream education system.

"What's interesting is last year one of our posters was taken up by a community organization, and implemented into a curriculum guide," Gereluk said. "Student teachers are...developing very impressive unit plans."

Some projects had murder-mystery themes, one group was how to address poverty, and another was how to use music to teach about the ear.

"What we're trying to get away from is students asking if this is on the test," Gereluk said. "Now what we're doing is taking key concepts from the subject area to say, 'Oh, I now understand the role this plays.'"

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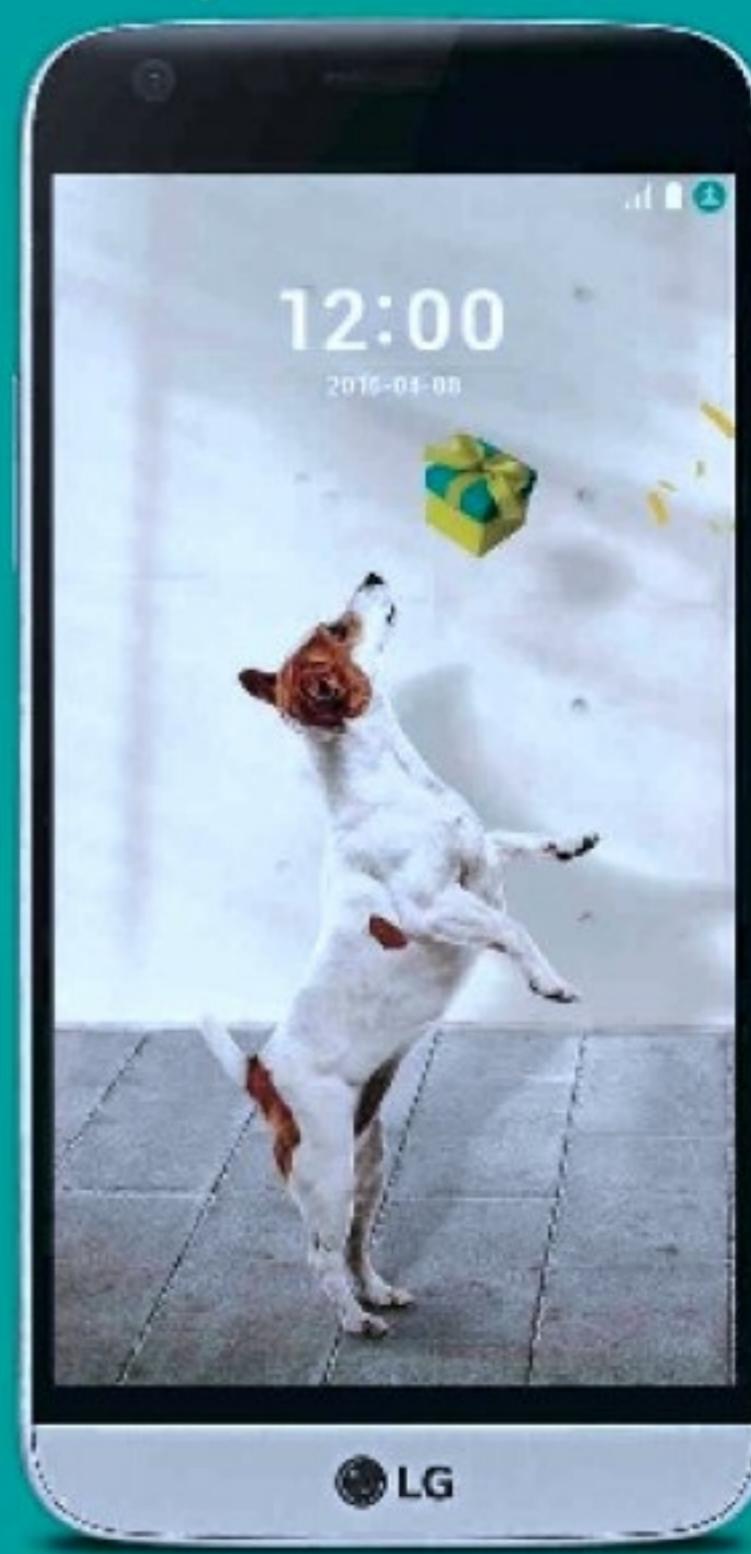
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Jamming a video game into 48 hours



The teams that finish their games in time will have them placed in a retro arcade cabinet, which will find a home in a Calgary business. JENNIFER FRIESEN/FOR METRO

DEVELOPMENT

Classic arcade treatment will be given to the top projects



Aaron Chatha
Metro | Calgary

It's hard to calculate the astronomical number of hours it takes to create a great video game.

Unless you're taking part in the CalCade Indie Game Jam, in which case that number is 48.

Yep, the Calgary Game Developers Association is challenging local designers to team up, sign up and on the weekend of Nov. 11, bust out a functional and fun video game within 48 hours.

"It's not easy," said Kyle Reczek, organizer. "Game-making experience is pretty important, because you can't be learning things when you're making a game within 48 hours."

Reczek is looking forward to how the time constraint will bring out people's creativity.

Developers can often find themselves in perpetual projects that may last years before they're finished, but the jam requires a very different ap-



Just to see your game like that is kind of a dream.

CalCade Indie Game Jam Organizer Kyle Reczek

proach — a headfirst dive into creation. It's also a great way to meet other developers in the Calgary scene.

There's a bit of retro prestige that comes with completing the challenge as well. The winning games will be placed inside an Arcade Classics cabinet, complete with joystick and six-but-

ton layout for two players.

"It's pretty rewarding — more rewarding when it's in a cabinet like this. Just to see your game like that is kind of a dream, I guess. I don't know if that sounds cheesy," Reczek laughed.

It can be an expensive and timely endeavour to create a physical cabinet, so once the games are placed in there, Reczek will work on finding a home for it in a local business.

CalCade starts on Nov. 11 at 12 p.m., where an official theme can be decided on. It can be something broad or something specific, like only using one button. For more information, visit calgarygamedevelopers.com.

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Alberta kneads more bakers despite the rising dough

ECONOMY

Jobs report finds skilled worker supply will dry up

 **Josie Lukey**
For Metro | Calgary

Butter up your cake pans and fire up that oven because it looks like bakers are going to be wanted like hot cakes.

According to the annual Occupational Demand and Supply Outlook released Tuesday, the province is expected to be short a total of 78 bakers by the time 2025 rolls around, but that's not the only job that's expecting to be in hot demand in the next few years.

Childcare and homework support workers, transit drivers, computer and information professionals and managers in construction and transportation are forecasted to have a labour shortage of more than 1,000 workers.

Overall, the government estimates that the province will have a cumulative shortage of 50,000 workers.

According to Jeanette Sutherland of Calgary Economic Development (CED), as the economy starts to turn around, there's going to be an increase in demand for a number of workers in technical and managerial jobs — where the age of workers is generally higher and people are forecasted to retire.

"The key will be collaboration between the governments, industry and post-secondary (institutions) so we can meet the labour demand need," Sutherland said.

LOST JOBS

A few more occupations expected to be short:

- Managers in art, culture, recreation and sport: 5
- Mechanical, electrical and electronics assemblers: 7
- Estheticians, electrologists and related occupations: 13
- Carpenters and cabinetmakers: 58
- Early childhood educators and assistants: 4,811
- Registered nurses: 5,013

One of those looking to fill in the shortage is Heather Morante, a baker at Sidewalk Citizen Bakery, who said that the demand for bakers is not that surprising given the rise in artisanal cuisine.

"Even with a lot of artisanal movement that has been happening, a lot of people are going back to the traditional way of doing things, specifically in the food industry," said Morante.

Sutherland agrees, adding that because of the downturn many displaced workers went back to school to learn new technical skills in order gain employment in another field.

"If there is a positive spin that can be placed on a downturn, it's that many of the displaced professionals have chosen to return to school for continued education or upskilling. The outlook shows projections of increased demand for university professors and assistants, college and vocational instructors, researchers, teachers and educational counsellors," Sutherland said.



According to CED, more than 48 per cent of Calgary's population is within the core working age group of 25 to 54.

ELIZABETH CAMERON/FOR METRO



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Makambe K Simamba plays Bea as lively and fun — with an undercurrent of darkness.

COURTESY JEFF MCDONALD

Heavy subject gets intimate treatment

SCENE YYC

Actress talks inhabiting role of woman choosing to die

Aaron Chatha
Metro | Calgary

Sage Theatre is taking on the heavy topic of physician-assisted death with its latest production, *Bea*.

Actress Makambe K Simamba steps into the role of a young woman whose body has been wrecked with illness.

"So, while her mind is still sharp, her body has stopped responding. Physically, she's incapable of doing many things herself," Simamba said. "The

illness is not specified in the text because I believe the play is about her choice, rather than a specific illness."

Her choice, in the play, is to end her life. The play explores the ramifications of that choice for Bea, her mother and her caregiver. It's a very intimate production — the audience experiences Bea's world through the confines of her bedroom.

However, despite the very serious subject matter, there are still a lot of laughs to be found.

"Even though she's in this situation, she's got a really lively personality. And what's lovely about the play — I think — is that we see most of the world from her perspective," Simamba said.

That tone is important, to give the audience a safe space to explore the issue, with a few laughs separating the more

serious moments. Physician-assisted death has been a hot topic in the headlines recently.

"There's a lot of legislation right now and people are going back and forth with what should and shouldn't be allowed," Simamba said.

"Personally, I think that these are individual choices. Especially having worked with playing (the role) and experiencing with my body what that might feel like, even just for a few moments, it's become apparent to me that these choices are individual — and they're difficult."

Simamba spent much of the rehearsal process researching the issue, so as best to inhabit the role.

Bea runs from Nov. 3 to 12 at the Pumphouse Theatre space.

For more information, visit sagetheatre.com.

WEEKEND EVENTS

Superheroes and starlight

1 Friday — Ms. Marvel

The writer and co-creator of Marvel Comics' Ms. Marvel comes to Mount Royal University to discuss how graphic novels can help relieve tensions between the west and east. Ms. Marvel is the first teenage, Muslim and female superhero comic book. For more information, visit mru.ca.

2 Saturday — Dark Night, Star Light

The Rothney Astrophysical Observatory hosts its annual Lights Out event. Attendees can learn a little more about the impact of light pollution and the importance of preserving the wilderness of the night. Stories will be told from a Cree storyteller, and you might see the Andromeda galaxy through one of the telescopes. For more information, visit ucalgary.ca.

3 Saturday — Blank Canvas

The Blank Canvas fundraising event allows attendees to create their own artistic masterpiece at the Van Gogh painting station. Art a la Carte volunteers will be available to chat and a video will highlight the effectiveness of the Art a la Carte program, that brightens up hospital rooms with artwork. For more information, visit artalamcarte.org.

4 Sunday — Israeli Chamber Projects

Six musicians play the violin, viola, cello, clarinet and piano. Founded in 2008, The Israeli Chamber Project was named the winner of the 2011 Israeli Ministry of Culture Outstanding Ensemble Award. They focus on creative programming and educational outreach. Visit calgarypromusica.ca.

AARON CHATHA/METRO

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SCENE YYC

UNO ready to warm hearts and feet with Spanish reggae

Aaron Chatha
Metro | Calgary

Reggae Spanish musicians UNO bring their unique vibe to Calgary at the Paz in Motion fundraiser on Nov. 13.

The eight-piece set up, with vocalist Pedro Acosta, is helping raise funds to provide humanitarian aid for Venezuela with the annual 'Wine and Dine' gala. Metro caught up with Acosta ahead of their first show in town.

Why reggae in Spanish?

For us, coming from Venezuela, the core of the band is from Venezuela, South America. We now have Jamaicans and Canadians in the band, but the core writers are from Venezuela. Over there, it's all about the beach culture, so we listen to a lot of reggae already — so we had lots of inspiration.

What makes Paz in Motion such an important event?

They address a lot of issues, especially in South America, that don't get enough exposure.

They're doing a great thing by bringing all the Latin communities together for this event, support this cause, and bringing more awareness to the people who live here.

Is Calgary a good market for



UNO will play to raise funds for the crisis in Venezuela. COURTESY BEN TSUI

Spanish reggae?

Obviously it's not as big a market as Miami, but there's a really good market. The Spanish community is growing and people are really open to different types of music and different

cultures. A lot of times we play, audiences that are mostly English speaking really still enjoy our music. It's got that cool factor...it's different.

So, I don't need to speak

Spanish to enjoy your music?

No — you should come see our show (at Marquee) next Wednesday. We're the only band that plays reggae in Spanish here, but we're one of the only bands that performs at English speak-

ing festivals and events. But, we don't change our set to be more English speaking — we show up, do our thing and people seem to like it.

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BOWNESS

Local talent gets together for informal concert series

Mathew Silver
For Metro | Calgary

Jared Clark felt there was something missing in Calgary's music community.

So he started Fireside Music, a concert series that invites artists to play at his Bowness home. Once a month, Clark hosts up to 80 people in his living room to listen to live local talent. He said he goes through the community of Bowness and invites his neighbours.

"It's that feeling of community," said Clark. "Sometimes people don't feel like they belong, and we're open to different types of people that can connect with music."

While Clark doesn't always know everyone who walks through his door, he said that guests are usually respectful, and stick around to clean up



Jared Clark says guests to his home music sessions are respectful. JENNIFER FRIESEN/FOR METRO

after a night of entertainment. Guests are free to bring their own drinks and food.

But Fireside isn't just tailored for the audience.

Valerie Aimee, 22, has performed at a Fireside event in the past, and said it's completely different from any other Calgary music venue.

Attendees go to see the artist, not to drink beer or chat with friends.

"It's way more intimate, and you really get to show yourself

as an artist," she said.

Clark agrees that music should be the focus of the evening, and said that club promoters often use artists just to sell beer, which means the artist can get overlooked or abused.

Fireside, on the other hand, creates an intimate space where artists can focus on their craft, while also being fairly compensated.

All money collected from the \$10 cover charge goes directly

to the performer.

Clark's affinity for music and hospitality is merely an extension of his upbringing. His father, Dean Clark, runs the Inglewood Music Club, so when Jared was young, his family would host artists that were touring through Calgary.

You can experience hospitality and a unique music environment at the next Fireside Music event, which takes place Nov. 19.

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- Hear about what resources and support systems are available to you and your loved ones from **Jeff Robertson, Executive Director, PKD Foundation of Canada**;
- Have your questions answered during a Q&A period led by Dr. Louis Girard and Jeff Robertson; and
- Meet other people living with PKD in your community.

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ANALYSIS

Keeping the score on PM's promises

Ryan Tumilty
Metro | Ottawa

One year since he became prime minister and Justin Trudeau has fulfilled some of his promises, is still working on many and has broken others, according to an independent, non-partisan website that has been tracking his progress.



Justin Trudeau THE CANADIAN PRESS

Calgary-based IT consultant Dom Bernard and some of his colleagues built the website trudeaumetre.ca, which tracks what the prime minister has done compared to what he promised.

Trudeau made 219 promises during last year's marathon federal election campaign, according to the website. The Trudeau Metre shows the prime minister achieved 34 of those promises as of Thursday. The site shows 64 promises are still in progress, 95 haven't been started yet and 26 have been broken.

Many of the individual promises have generated lengthy discussions in the comment section of the website and Bernard said that's exactly what they hoped would happen.

"We wanted to start the same amount of discussion and conversation," he said. "Canadians are interested in discussing what the government is doing, what the government said it would do."



Eli Townsend, 6, dresses like presidential candidate Donald Trump at a rally on Thursday. Some Canadians say Trump would provide a potent antidote to what they view as a march toward self-serving big government. GETTY IMAGES

The Canadians who want Trump to win

★ U.S. ELECTION ★

Supporters of GOP candidate in minority countrywide

They don't always like what they see or hear but Canadians hoping Donald Trump becomes the next U.S. president believe him to be a straight shooter that will bring economic benefits to Canada in

a world severely circumscribed by political correctness.

A President Trump, they say, would provide a potent antidote to what they view as a march toward self-serving big government whose benefactors are moneyed elites.

"A lot of good honest blue-collar people were really thrown under the bus by the elite," said Daniel Erikson, 38, a Calgary businessman.

Trump would provide a strong counterweight to the Liberal government in Ottawa and the NDP government in Alberta that has

pushed the economy "almost to the breaking point," Erikson said.

Inevitably, conversations with Trump supporters in Canada turn to an often palpable hostility toward his Democrat rival, Hillary Clinton.

Andrew Stagg, 31, a Toronto-born Canadian software engineer who lived most of his life in Calgary, said his antipathy toward Clinton stems from his Christian-based opposition to abortion, and the email and other scandals that have dogged her.

Clinton also poses a threat to gun rights, said Stagg, who now lives in the U.S. On the other hand, he said, Trump has committed to appointing judges who favour those rights.

The vast majority would back Clinton, a position Manny Monte敬ino, a one-time adviser to former Conservative prime minister Stephen Harper, said left him "dumbfounded."

Win or lose next week, few can argue with the fact Trump has run a remarkable campaign that catapulted him from a long-shot contender for the Republican nomination to possible president. THE CANADIAN PRESS

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The Planned Parenthood Action Council holds a rally at the Utah State Capitol, in Salt Lake City. THE ASSOCIATED PRESS

The politics of abortion

Rosemary Westwood relocates from Canada to the U.S. in the midst of the most unusual presidential election ever. She chronicles her observations in a weekly column for Metro.



ROSEMARY WESTWOOD
From the U.S.

A week before the U.S. presidential election, I visited the New Orleans Planned Parenthood clinic.

It sits nestled between residential streets, and along a wide, four-lane city artery. The new facility (updated from more humble digs in a shotgun house) opened in spring, and it's friendly, clean, and oddly quiet.

It was a Tuesday, so the regular pro-life Friday protesters weren't around, one clinic worker told me. Another group had just finished a biblical-sounding "40 Days of Harassment," she said. "That's what they called it." Patients coming here for sexual and reproductive health care weren't bothered by the daily signs and blocking of the driveway, she added. "They say, 'Those people need a job.'"

Planned Parenthood in Louisiana — which has one other clinic in the state capital of

Baton Rouge — doesn't offer abortions (yet, it has plans to apply for the required licence).

And other clinics that do perform the procedure have been through a legal see-saw over the past two years, facing one of the proliferating restrictive laws in the Southern U.S. (in this case, one relating to doctors and hospital admitting privileges). The law shuttered some clinics this spring, before the Supreme Court temporarily blocked it in March.

But given Planned Parenthood's prominent role in this election, the protests against a procedure not even being performed at the clinic here make a kind of sense. Planned Parenthood, and Hillary Clinton, have become the most public banner-wavers for abortion rights. And Donald Trump the ill-informed, gruesome critic.

Trump's macabre description of a late-term abortion procedure that doesn't even exist during the final presidential debate was only the ghastly tip of a much larger

once hoped to bank substantial votes from Democrats in North Carolina and Florida before Election Day.

But data about the early vote suggest she's not doing as well as President Barack Obama in 2012. Ballot requests from likely supporters have been weak in

iceberg. Abortion isn't just a boogeyman of the right wing. It's a legitimately stagnated, divisive issue in this country. The kind of issue that brings Trump back to the traditional right wing, the kind of issue some voters have told reporters will be the reason they plug their nose and vote for Trump.

For example, while millennials across the political spectrum skew more progressive on issues of race, sexuality, and immigration, they remain divided on abortion, according to the Pew Research Centre. (And — notably — on gun rights.)

The U.S. is increasingly a country of less socially conservative voters, but 41 per cent of American adults continue to believe abortion should be illegal, a statistic largely unchanged for decades. And in Louisiana, it's a political given.

John Bel Edwards, the state's Democratic governor (still quite a feat), has been so vocal about his pro-life stance, he's actually won an award

for it. He signed the new law that the Supreme Court saw fit to put on hold, of a similar nature to the one struck down this year in Texas, and he signed another law requiring women to wait three days before they can get an abortion. (Women here already have to see a doctor and get an ultrasound 24 hours before a procedure.)

There might have been a Hillary sticker on a car in the Planned Parenthood parking lot, but this is Trump land. Right next door, a pro-life group plans to open its third Louisiana "pregnancy centre" in January, which promises it can "reverse" the effects of the abortion pill midway through the dosage.

That might sound like fringe political efforts to a Canadian, but in America, anti-abortion politics is mainstream. And the election might seem contentious just days away from voters heading to the polls, but if Louisiana had its way, we'd be waking up on Wednesday morning to President Donald Trump.

Early voting a good sign for Clinton

Hillary Clinton may not be accumulating the type of early-vote advantage her campaign wanted, but she continues to maintain an apparent edge over Donald Trump, with more than one-quarter of all expected ballots cast in the 2016 election.

The Democrat's campaign

parts of the Midwest, and African-American turnout has fallen, too.

Still, the tens of millions of early votes cast also point to strength from Democratic-leaning Latin American voters. With more than half the votes already cast in those states, Democrats are match-

ing if not exceeding their successful 2012 pace.

"We are seeing the trajectory of the election change in some states, but Democrats are also making up ground," said Michael McDonald, a University of Florida professor and expert in voter turnout. THE ASSOCIATED PRESS



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CARFENTANIL

Trade of lethal drug thrives in China

Seizures of the deadly chemical carfentanil have exploded across the United States, with more than 400 cases documented in eight states since July.

Fueled by a thriving trade out of China, the weapons-grade chemical is suspected in hundreds of drug overdoses in North America. An investigation last month showed how easily carfentanil can be purchased online from China.

Of the 12 companies that initially offered to export

carfentanil, just three have stopped. Nine continue to offer carfentanil for sale, no questions asked, and The Associated Press identified four additional companies willing to sell the drug.

Asked for comment, most declined making the offers.

Jilin Tely Import and Export Co. initially claimed in an email that carfentanil was one of its "hot sales product." After being named in The Associated Press' story, the company's website vanished and it denied ever pro-

ducing carfentanil.

Carfentanil is a controlled substance in the U.S., where it can be used legally to immobilize large animals like elephants. But it is not controlled in China, the top source of fentanyl-related compounds that end up in the U.S., Canada and Mexico, according to the U.S. Drug Enforcement Administration.

"It's a loophole that needs to be closed because even small quantities can have a terrible lethal effect," said Andrew

Weber, a former U.S. assistant secretary of defence for nuclear, chemical and biological defence programs. "Terrorists could acquire it commercially as we have seen drug dealers doing."

Some 5,000 times stronger than heroin, carfentanil is so toxic that an amount smaller than a poppy seed can kill a person. It was researched for years as a chemical weapon and used by Russian forces to incapacitate Chechen separatists in 2002.

THE ASSOCIATED PRESS



At current carbon emission levels, the Arctic will likely be free of sea ice in September around mid-century. THE ASSOCIATED PRESS

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Study links sea-ice loss to CO₂ rise

CLIMATE CHANGE

'It might just be rather simple,' says scientist

New research is cutting through the confusion on disappearing Arctic sea ice by replacing complex computer models with simple math that links everyday activities to the health of Earth's climate regulator.

"It might just be rather simple," said Julienne Stroeve, senior scientist at the National Snow and Ice Data Center in Colorado and professor at University College London.

Her paper, published Thursday in Science magazine, outlines an easy-to-understand relationship between increasing levels of carbon dioxide in the atmosphere and the slow vanishing of summer sea ice in the North.

For every new tonne of CO₂ that enters the atmosphere, says the paper, the southern edge of the sea ice loses another

three square metres. That's it.

The direct relationship between greenhouse gases and sea-ice retreat has been pointed out before. Stroeve and her co-author Dirk Notz, of Germany's Max Planck Institute, have put hard numbers to it and explained how it works.

In a stable ice pack, the warming effect of infrared radiation generated by the sun is balanced by cold temperatures in the atmosphere. But increasing levels of carbon dioxide prevent those infrared rays from escaping into space.

As a result, the ice retreats northward where there's less solar radiation.

"The ice is migrating to re-establish equilibrium," said Stroeve.

Establishing that hard link between CO₂ and sea ice has important consequences.

For years, climate modellers have attempted to pinpoint when summer sea ice is likely to disappear. Stroeve and Notz say the most likely date is sometime around mid-century.

THE CANADIAN PRESS

IRAQ

Civilians struggle to flee urban combat

As Iraqi forces pushed Daesh militants out of Mosul's eastern neighbourhoods this week, civilians faced a dilemma: stay in an area beset by heavy fighting and surrounded by government troops that many distrust, or evacuate for the uncertainty of a displacement camp.

The special forces entered the Gogjali district Tuesday, touching off an exodus by hundreds of residents. But still more have been told by the troops to stay in their homes as the battle changes to one of urban combat with the extremists. Those civilians who remain have essentially become trapped on the front lines. THE ASSOCIATED PRESS



Shoppers make their way around Toronto's Eaton Centre on Dec. 26, 2015. Forty-one per cent of shoppers surveyed said they would abandon a purchase if lineups were too long. Blame it on Airbnb and Uber's instant gratification. TORSTAR NEWS SERVICE

Holiday shopping feels the Uber effect

RETAIL

About 41% of Canadians say they will leave lines if too long

Canadian consumers are in no mood to wait in long lineups when they shop this holiday season, according to the results of an annual shopping survey.

Forty-one per cent of shoppers surveyed said they will abandon making a purchase in a store if the lineup to pay is too long.

On average, they're willing to wait six minutes, with 65 per cent indicating that they would

abandon their purchase rather than wait more than 10 minutes in line, according to the Accenture Canada Holiday Shopping survey, released Thursday.

Accenture's Kelly Askew, managing director, retail strategy, points to new, frictionless exchanges — like the ease of using Uber and Airbnb — as part of the reason why consumers are becoming impatient with barriers to buying.

Uber users register their credit card when they sign up, and every time they use an Uber service, they don't have to rummage through their wallets.

The purchase is automatically billed to their registered credit card and the receipt pops up in

“They start to expect that ease with every transaction.”
Kelly Askew

e-mail, reducing the amount of time spent paying for products and services to nearly zero.

Similarly, Airbnb customers register their credit cards once and are charged seamlessly each time they reserve a room.

“Customers get used to a very easy, straightforward experience with Uber and Airbnb and they start to expect that ease with

every transaction they make, even if it's a completely different industry,” said Askew.

Askew said some retailers have already begun to try to reduce lineups with features like mobile point-of-sale devices that allow clerks to process purchases anywhere in a store.

Respondents to the Accenture survey said they were planning to spend \$873 on average on the holidays this year, up from \$744 in 2015. Online shopping is expected to surge in popularity this year, as the number of Canadians who said in the survey they prefer in-store shopping dropped 15 per cent, from 62 per cent to 53 per cent.

TORSTAR NEWS SERVICE

ENERGY

CEO takes middle road in climate change debate



Jen St. Denis
Metro Vancouver

The CEO of Kinder Morgan Canada expressed doubt that climate change is being caused by human activity at a Nov. 3 speech to the Greater Vancouver Board of Trade, and said he expects current levels of fossil fuel consumption to continue for the next 40 to 50 years.

“There is science that will suggest one path to climate change and mankind's influence on it and there is another path that exists and I'm not going to judge one path versus the other. I'm not smart enough to do that,”



“What we do know is that broad public opinion and social society believes that fossil fuels are necessary.” Ian Anderson

Ian Anderson told reporters following his address.

“What we do know is that broad public opinion and social society today believes that fossil fuels are ... necessary and required, and over time we should be looking to minimize the impact of those fuels.”

Kinder Morgan has applied to twin its existing Trans Mountain pipeline from Alberta through B.C., terminating in Burnaby. The expansion would increase

capacity from 300,000 barrels of oil a day to 890,000 and result in a seven-fold increase in tanker traffic through Burrard Inlet to export bitumen from Alberta's oil sands to overseas markets.

The National Energy Board approved the project with 157 conditions in May, and the company hopes to final approval from the federal government in December.

In early 2017, the company will also be taking a second look

at whether it is economically feasible to go ahead with the \$6.8 billion project, Anderson said.

But the project has met continued resistance from environmental groups, some First Nations and the mayors of Burnaby and Vancouver.

“The concern I have with (Vancouver Mayor) Gregor (Robertson) is ... his ability and his tendency to reach out to the public, his profile, his presence, he gets attention,” Anderson said. “His voice is heard, much to the disappointment of many of the supporting mayors that I have, for instance, in the Interior, who wish their voice could be heard as loudly by Lower Mainland media.”

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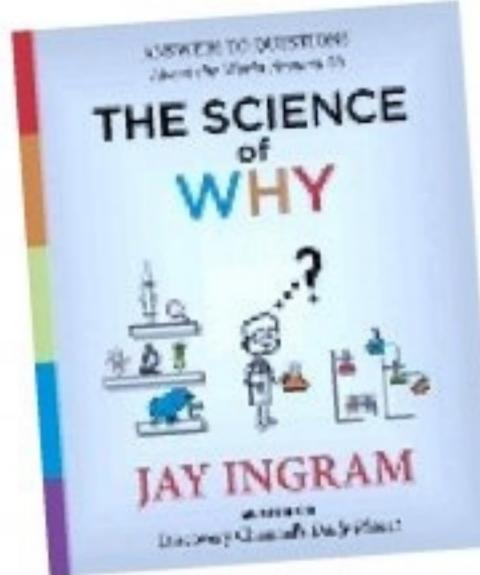
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Your essential daily news

Zzzs please: Sleeping less than eight hours a night is a major risk factor for obesity — especially in children



BOOK EXCERPT THE SCIENCE OF WHY BY JAY INGRAM



With our respected citizen scientist working on other projects this week, Metro has turned to former **Daily Planet** host **Jay Ingram** to explain time and aging to us. What follows is an excerpt from his new book, **The Science of Why: Answers to Questions About the World Around Us** (Simon & Schuster Canada).

WHY DOES TIME SEEM TO SPEED UP AS WE AGE?

There's no doubt that the vast majority of people feel that time moves faster as they age, but very few of them bother to estimate by how much.

A century ago the great American psychologist William James suggested that as we grow older, and more jaded and worldly, we enjoy fewer remarkable experiences in a year, and so the years become less and less distinct from each other. Another theory suggests that because each successive year is a smaller percentage of one's overall life, it is less significant when weighed against the rest and therefore passes by virtually unnoticed. When you were ten, every year was huge: 10 percent of your life. At age forty, though, one year is only 2.5 percent of your total life.

There's also a phenomenon called forward telescoping. Imagine you're asked when you last saw your aunt and you say, "Uh . . . three years ago?" when it's actually eight years since you saw her. You've zoomed in time, bringing the past closer than it really is. When someone asks me how long ago an event took place, I double my first estimate, and even then I sometimes underestimate the passage of time. That's forward telescoping.

In the mid-1970s (remember how slowly time passed then?), Robert Lemlich of the University of Cincinnati proposed one significant adjustment to the idea of the apparent passage of time versus reality. He argued that since time is all subjective anyway, years are also subjective. Calculating what percentage of your total life is represented by each passing year is fine, but it's strictly mathematical and so doesn't take into account that each passing year feels shorter as well — it is a smaller part of your total life numerically.



but it feels even less than that. It's all in your head, really, so your estimate of the length of a year that has just passed should be compared not to how long you've lived but to your sense of how long you've lived.

Lemlich created equations to quantify what he meant. Their implications are surprising, even shocking. Let's assume you are a forty-year-old. Lemlich calculated that time would seem to be passing by twice as fast now as it did when you were ten. (Remember how long summer vacation seemed to last?)

But there's more: the numbers tell you that if you're that forty-year-old and you're going to live to eighty, you're halfway through your life by the calendar, but because time seems to be passing ever more rapidly, Lemlich's math suggests you will feel you have less time left than you actually do. By his calculations, at age forty, you have already lived — subjectively — 71 percent of your life. It gets worse: by the time you're sixty, even though you have twenty years remaining, those twenty years will feel like a mere 13 percent of

50 per cent of your total life experience will feel locked in by your 20th birthday.

your life. These numbers are shocking enough, but they take on an even more bizarre twist when you extrapolate them back and ask the question: At what point in our lives have we experienced half of our subjective life? If you're that forty-year-old, you will have experienced half your total subjective life by the time you were twenty. Even if you live to a hundred, 50 percent of your total life experience will feel locked in by your twentieth birthday.

Lemlich backed up his numbers with experiments. He asked a group of students and adults to estimate how much slower time seemed to have passed when they were either half or one-quarter their present age. His theory predicted the answers almost exactly: time seemed to have passed only half as fast when

they were one-quarter their present age, and about two-thirds as fast when they were half their present age.

Is something else going on in our brains that would change our perception of the passage of time as we age? It might be that our internal clock (and jet lag and shift work demonstrate just how crucial that clock is) runs slower as we age. If your clock now estimates a minute to be three minutes, because it's running slower, then many more events will be packed into that time frame and it will seem that time is passing faster.

An extreme example is the case of a man who, at the age of sixty-six, was admitted to hospital in Düsseldorf. Examination revealed a tumor in the left frontal lobe of his brain. He'd gone to the hospital because he was finding life unbearable: everything was happening at breakneck speed. He had to stop his car by the side of the road because the traffic was too fast. The television, already manic, was triple-manic, and as a result of this experience, he had begun to withdraw from society. When asked to

estimate the passage of sixty seconds, it took him four and a half minutes. Imagine what traffic would look like if four minutes' worth was packed into a minute! What this case suggests is that disruptions to certain parts of the brain alter our perception of the passing of time, and while this particular case was unusual, it's possible that a gradual and minor version of this affects everyone's sense of time passing.

You might be wondering why we're spending time (it's precious!) figuring out equations to account for how we experience time. This kind of data supports what might otherwise seem to be mere impressions like this one by Robert Southey, the poet laureate of England in 1837: "Live as long as you may, the first twenty years are the longest half of your life. They appear so while they are passing; they seem to have been so when we look back on them; and they take up more room in our memory than all the years that succeed them."

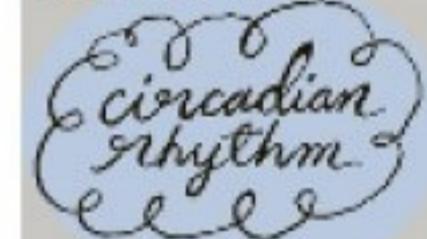
FROM THE SCIENCE OF WHY: ANSWERS TO QUESTIONS ABOUT THE WORLD AROUND US BY JAY INGRAM. COPYRIGHT ©2016. REPRINTED BY PERMISSION OF SIMON & SCHUSTER CANADA

FINDINGS Your week in science

NOVEMBER BLUES

A new Danish study of 185,419 patients found depression cases spike by eight per cent during the month after daylight savings time begins. Less exposure to cheer-inducing sunshine may be to blame: Most people are showering, not taking advantage of daylight, from 7 a.m. to 8 a.m.

SOUND SMART



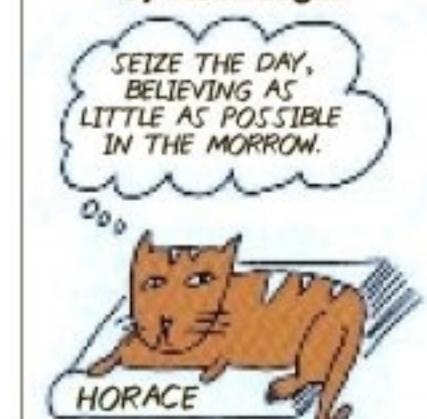
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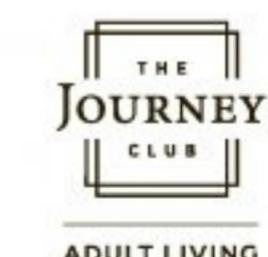
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Not so strange for Dr. McAdams

IN FOCUS

Actress preps for medical role long before Marvel

Richard Crouse
For Metro Canada



In an unconscious way Rachel McAdams has been preparing to play Dr. Christine Palmer in Doctor Strange her whole life.

"My mother is a nurse," says the London, Ont.-born actress. "She is a very compassionate kind of nurse and Christine is sort of that way as a doctor. She has an excellent bedside manner as opposed to Doctor Strange. I took a page from my mom."

"I've been talking to her about it for my whole life. She brought her job home sometimes. I picked it up over the years."

Doctor Strange, the 14th film in the Marvel Universe, aims to introduce you to the neurosurgeon, played by Benedict Cumberbatch, who goes from saving lives to saving planets.

Trauma surgeon Dr. Palmer is his ex-girlfriend but still a constant in his life, and later, when things get mystical, his anchor to the real world.

"It's a much less typical love trajectory," she says of their connection. "I think because we had so few scenes to establish our relationship it was a better jumping-off point. We had a lot more subterranean life and a much richer history



Rachel McAdams, left, and Benedict Cumberbatch in a scene from Marvel's Doctor Strange. JAY MAIDMENT/DISNEY/MARVEL VIA AP

for the characters."

In the comic books Christine Palmer is a very different person than the one McAdams brings to life on the screen.

"She is an amalgamation of a couple of characters," she says. "It gave us a lot of creative freedom. We were inventing something."

"I kind of looked at the comic books more for the flavour of the world and Doctor Strange himself and less so for my character."



MOVIE RATINGS by Richard Crouse

Doctor Strange	★★★
Trolls	★★★
Hacksaw Ridge	★★★
Gimme Danger	★★★

HOW RATING WORKS	
★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

McAdams's nurse mother may have helped the actress access the emotional side of playing a doctor, but what about the practical stuff, like tying a

suture?

"This great neurosurgeon we had on set with us taught us how to sew up a raw turkey breast," she laughs. "I guess

it's the closest thing to a real live human being, poor turkey. Then I used oranges, which were easier to carry in my purse. Better smell too. I also had a fake head to practice on."

"It was kind of like knitting. I would take the suture stuff around, put it on a light stand while we were shooting and practice. I still have sutures on my doorknobs. I haven't gotten around to cutting them off yet."

The result of all her work is a movie she calls "an ambi-

tious film on the page that I think ticks a lot of those boxes people are hoping for when they go see a big, blow-out Marvel film. There's also a quiet deep emotion that runs through it."

"I find it hard to get swept away by a film I am in," she adds, "because I look at it differently, but I actually jumped at one point in my own scene. My friends were laughing. 'You knew that was coming!' I know, but I was wrapped up in it."

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Trolling in a positive way

ANIMATED FILM

Characters, backstory of '70s dolls come to life on screen

Richard Crouse
For Metro Canada

Anyone who grew up in the 1970s will remember The Trolls. The vinyl creatures with DayGlo Eraserhead coifs and big goofy smiles invaded pop culture, decorating everything from rearview mirrors to teen's bedrooms.

Unlike modern-day Internet trolls, these creatures were joyful, hug-happy little things with more personality than your average Pet Rock and a ubiquity that made them one of the symbols of a kinder and gentler time.

Then they, like other '70s fads such as disco music, streakers and Gee Your Hair Smells Terrific shampoo, faded into obscurity, banished forever to the retro section of your local junk shop.

Now they're back in Trolls, an animated adventure from the makers of Shrek Forever After and Mr. Peabody & Sherman that aims to spread some cheer amid a fraught election season.

Co-director Walt Dohrn says he hopes the film's message of optimism in the face of adversity will be "an antidote to the madness of the world."

"When Walt and I set out to make this film," says co-director Mike Mitchell, "we did want to make a film about happiness because the news and the media is so scary. And not just for kids, adults too. The Internet is so judgemental and snarky."

"The world is kind of a difficult and dark place," adds Dohrn, "so putting something out there that talked about happiness, where it comes from, what happens when you lose it..."

"...will get people discuss-

ing the power of a positive attitude and happiness," says Mitchell, finishing his friend's sentence. "I'm hopeful this will start a trend of, 'It's OK to be happy. It's cool.' Especially with this clowny, weird election going on."

Trolls the movie is as eye-popping as the psychedelic creatures that inspired it. Mitchell and Dohrn have made a movie that is possibly the weirdest and most colourful kid's entertainment since H.R. Pufnstuf. They had the freedom to do so because the beloved 1970s toy Trolls came with no backstory.

"That's what was cool about working on this," says Mitchell. "Even though these Trolls had been around forever and ever, there was no story, no mythology to it, so Walt and I got to make a whole world. We could create a whole new world you've never seen before, create whole new characters."

They created a realm where the Trolls (voiced by Anna Kendrick, Justin Timberlake, Zooey Deschanel, Russell Brand, James Corden and Gwen Stefani) make a daring escape from the Troll Tree in Bergen Town. The Bergens are snaggletooth ogres, as miserable as the Trolls are joyful. True happiness for the glum townies only comes from eating Trolls, obviously a huge problem for our heroes.

"Walt and I are huge fans of old fairy tales," says Mitchell on the inclusion of the Troll-eating Bergens, "and those stories always had someone going down, having their heart taken out."

"We're finding the younger viewers don't have a problem with it," says Dohrn. "It's the parents trying to protect them."

The cheerful co-directors finish one another's sentences and have a camaraderie that suggests they have taken the movie's message of friendship to heart.

"He's an optimist and I'm a pessimist," says Mitchell. "That's kind of how we approached directing this film. We had a balance. In making it I discovered the power of a positive attitude."



The new animated adventure, Trolls, comes from the makers of Shrek Forever After and Mr. Peabody & Sherman. CONTRIBUTED

“

We did want to make a film about happiness because the news and the media is so scary. And not just for kids, adults too.

Mike Mitchell,
co-director of Trolls

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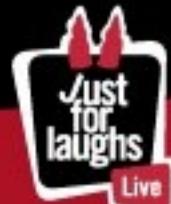
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FILM BRIEFS

Streep's career honoured at this year's Golden Globes

Eight-time Golden Globe winner Meryl Streep will add one more at this year's Globes: the Cecil B. DeMille Award.

The Hollywood Foreign Press Association announced

Thursday that the 67-year-old actress will receive its prestigious honour for "outstanding contributions to the world of entertainment."

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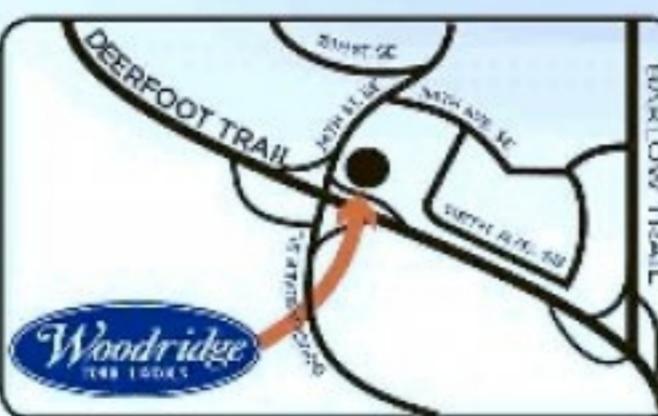
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Movies | **metrolife**

Robinson takes a dramatic film turn

ACTING

Funny guy stars in *Morris From America*

Steve Gow

For Metro Canada

Craig Robinson may have finally grown fed up with being funny.

It's not that the actor, known primarily for comedic turns in television shows like *The Office* or such big-screen hits as *Hot Tub Time Machine*, is no longer funny himself. In fact, the Chicago-born talent is naturally good-natured even as he discusses a new desire for dramatic roles.

"There is so much room to breathe on the dramatic side. You get to take your time a little bit more. Comedy is like get in there — get in, get out," said Robinson during a recent interview to promote *Morris From America*, the new film that is earning him accolades for a more measured performance.

"It's been nice, man. I'm



Craig Robinson, known primarily for his roles in comedy films and television shows, plays a widowed father in the new drama *Morris From America*. CONTRIBUTED

really looking forward to really losing myself to the next dramatic character."

Morris From America may not be a staunch drama, but the indie film definitely fea-

tures darker elements and an unorthodox tone for a comedy. A simple coming-of-age tale about an American teenager and his widowed father living in their adopted German town

focuses less on madcap antics involving culture disparity and language mix-ups and more on the melodrama of human connection and prejudice.

"People ask what do you

MOVIES

The Next Adventure

Robinson is currently filming a 10-episode series called *Caraoke Showdown* where he picks up unsuspecting contestants who discover they're on a game show. "Just imagine *Cash Cab* mixed with *James Corden*," said Robinson.

Not Too Different

"I was intrigued by the challenges that the script presented," said Robinson of *Morris From America*. "I wanted something a little different but not too different. Because there's some comedy in there but also some heart."

On Mr. Robot

After seeing Robinson in a preview for *Morris From America*, Mr. Robot creator Sam Esmail gave the actor a recurring role in the hit series last season.

want people to take away from this movie and that's exactly what I say — we're all on the same team," said Robinson. "We can do much more when we work together; one thing I really liked about my character (was) he doesn't let the small things get in the way of the big things."

Neither did Robinson in taking on *Morris*. Although he didn't speak a word of German prior to the movie, the star overcame his fears and

embraced a chance to study the Deutschland dialect.

"I don't know how long it took (but) I knew I wanted to get it down," recalled Robinson. The 45-year-old admits "getting a taste" of a more dramatic challenge has left him wanting more.

"I am looking for stuff a little different that really stands out and really showcases things I can do," said Robinson. "And things that I don't know I can do yet."

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Hollywood banking on election escapism

FILM

If ever there was a cultural force politics can't dent, it's Marvel

"Cutting through the noise" is a phrase often uttered around Hollywood, where mammoth marketing budgets are routinely expended to reach moviegoers distracted by a million other entertainment options. But few things have ever generated as much "noise" as the current U.S. election.

Releasing a movie amid the cataclysmic clash between Hillary Clinton and Donald Trump — one that has dominated news cycles for months and led to debate viewership surpassing 80 million people — poses certain challenges.

One of the most noted attendees at the Los Angeles premiere of Disney's Doctor Strange (which bows days before voters make their way to the polls on Nov. 8) wasn't Benedict Cumberbatch or Rachel McAdams, but Ken Bone, the sweater-wearing debate standout. The election has consumed just about everything for much of 2016, and its intersections with the movies have been unpredictable and strange. Trump helped fuel the backlash against Paul Feig's female-led Ghostbuster remake, voicing his disgust for the gender switch on Instagram.

Johnny Depp earned some of his best reviews in years for his Trump role in the surprise Funny-Or-Die film *The Art of the Deal: The Movie*. And Mike Judge's cult



Kenneth Bone at the Doctor Strange premier.

THE ASSOCIATED PRESS

2005 film *Idiocracy* — a futuristic vision of a curse-spewing former wrestler president — enjoyed newfound relevance.

The run-up to Election Day has, in the movies, at times felt downright patriotic. Tom Hanks (Sully) and Denzel Washington (The Magnificent Seven) — arguably America's most beloved big-screen heroes — have been regulars at the box office, as if their noble, indisputable presences might soothe an anxious and fractured nation. Hanks was back last weekend with the Dan Brown thriller *Inferno* after, as "America's Dad," he gave the country a pep talk on Saturday Night Live.

Hollywood is mostly banking on escapism ahead of the election. Given how tired many are of wall-to-wall election coverage by now, that may be a safe bet. Marvel's *Doctor Strange* will hit theatres right before Election Day, and if ever there was a cultural force that politics couldn't dent, it's Marvel. The film, which is drawing rave reviews, is expected to be one of the biggest hits of the fall.

And though a movie titled *Trolls* might sound fitting for this campaign season, the animation release is as far from the political fray as possible. Justin Timberlake and Anna Kendrick voice the long-haired dolls in the family-friendly release.

The other pre-election releases are more daringly timed. Before the country votes for the next president, it will cast judgment on Mel Gibson's comeback. His World War II tale *Hacksaw Ridge*, from Summit Entertainment, is his first directorial effort since 2006's *Apocalypto*.

Focus Features has promoted *Loving* with the most direct election overtones. The film is writer-director Jeff Nichols' true-life drama about the Virginia couple whose marriage led to the landmark Supreme Court ruling outlawing a state's right to ban interracial marriage. Focus has urged moviegoers to "vote *Loving*" and launched a website to "change the national conversation."

But capturing the nation's attention right now isn't so easy. The presidential race — characterized by constant scandal, radically opposed personalities and a daily stream of polls — has provided more drama than Hollywood could possibly concoct.

Whether it's because people

are glued to TV news or due to less appealing movie options, the fall season has been depressed at the box office. Before Tyler Perry's *Boo! A Madea Halloween* lifted grosses the last two weekends, most of the season's weekends have been down about 20 per cent from the year before.

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Donald Trump helped fuel the backlash against the female-led remake of Ghostbusters, voicing his disgust for the gender switch on Instagram. CONTRIBUTED

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The premiere entertainment event right now is the election, and it's very difficult to compete with that.

Paul Dergarabedian, media analyst, comScore

Doctor Strange turns formula upside down

MOVIES

Director aims for weird as actors leave comfort zone

When Doctor Strange was introduced into Marvel comics in 1963, it was considered quite a departure from his wildly popular and comparatively conventional predecessors like Thor, Captain America and Spider-Man. Doctor Strange was psychedelic, hallucinogenic, weird and, most importantly, a bold step in a new and freeing direction for the comics.

It's not unlike the environment from which the new Doctor Strange film, out Friday, is emerging. Starring Benedict Cumberbatch as the arrogant neurosurgeon turned mystical sorcerer, Disney, Marvel and everyone involved hopes that it's as mind-bending and disruptive as the Steve Ditko-imagined comic was at the time. There have been 13 films in the Marvel Cinematic Universe to date, but instead of going into autopilot for No. 14, Doctor Strange not only kicks the en-



Mads Mikkelsen plays the villain in *Doctor Strange*.

CONTRIBUTED

Comic-book movies in general have to evolve or they're going to decline.

Scott Derrickson

gine into hyper drive, but into a different dimension as well.

"Audiences need new images, and I think visual effects are used too often to just blow things up and do the same familiar kinds of stuff," said director Scott Derrickson. Best known for horror films like *Sinister* and *Deliver Us from Evil*, Derrickson faced stiff competition



Director Scott Derrickson wanted every set piece in *Doctor Strange* to be the "weirdest" scene from any other Marvel film.

CONTRIBUTED

for the job, but won out over the others with his clear vision and deep fan appreciation. He explained to Marvel Studios chief Kevin Feige that he wanted every set piece in the film to be the "weirdest" scene from any other Marvel film. It was what the studio was looking for, too.

"I was pleasantly surprised

by how much it lined up with what they wanted," Derrickson said. "They know that the (Marvel Cinematic Universe) and comic-book movies in general have to evolve or they're going to decline."

Derrickson and an army of artists, set designers and visual-effects specialists worked tirelessly to create a new visual

language for the movie, bending time, space and cityscapes within recognizable scenes.

The spectacle is in support of an origin story about Dr. Stephen Strange, whose life is upended after a traumatic accident renders his hands unusable and effectively ends his career. He goes to Nepal to search for a cure and gets swept up by the

magic he finds in a secretive group led by a mysteriously powerful woman known as The Ancient One (Tilda Swinton). They're battling dark forces, personified by *Hannibal* star Mads Mikkelsen, and can open up portals or turn the world into a mirror image of itself with a twist of the fingers.

It was the playful nature of it that got Mikkelsen on board. A lifelong Bruce Lee fan and a former gymnast, the Danish actor was in as soon as Derrickson mentioned "flying Kung fu".

"I thought, 'Hey, I'm 51, I can do flying Kung fu,'" Mikkelsen said. "It's about time."

Everyone was pushed to their limits in some way. Even Rachel McAdams, whose earth-bound character Christine had a bit of green-screen work to contend with for a fun set piece. She also got to see the amusing sight of Cumberbatch strung up on wires and flying around the room.

Cumberbatch is a little nervous about how audiences are going to receive the film.

"Do I care? Of course I do. Primarily because we put a lot of love and effort into it, business aside."

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Sorcery at the cinema

When Doctor Strange hits theatres, it will introduce Marvel's most mystical comic-book creation — the eponymous neurosurgeon-turned-super sorcerer. In celebration of the long-awaited big-screen adaptation, we conjured up a few of cinema's other sensational sorcerers.

STEVE GOW FOR METRO



1 DOCTOR STRANGE

Played by: Benedict Cumberbatch

Origin: More than 50 years after debuting in comic book form, physician Stephen Strange finally shows movie audiences how a tragic car accident propelled him to study the world of alternate dimensions and become a master sorcerer.

Special powers: Strange has an uncanny repertoire that includes everything from teleportation to thought projection and even time travel.

2 GANDALF

Played by: Ian McKellan

Origin: Perhaps the most iconic sorcerer in cinema, Lord of the Rings' Gandalf the Grey was sent to Middle-Earth to bring a bunch of stubby hobbits together to find and destroy a powerful ring.

Special powers: Guided by a walking staff that expedites various spells, he often uses it to cast illumination or blind his enemies. He's also been known to slam the staff down to ward off foes, famously crying out, "You shall not pass!"

3 BALTHAZAR BLAKE

Played by: Nicolas Cage

Origin: As one of Merlin's most gifted students, Blake searched for a century before reluctantly finding a pupil of his own — albeit a very awkward one — in 2010's *The Sorcerer's Apprentice*.

Special powers: Although he's proficient in sorcery, Blake's greatest skill may be an enduring patience in training an inept, clumsy physics geek in the guise of Jay Baruchel.

4 HARRY POTTER

Played by: Daniel Radcliffe

Origin: An orphan who learns he's a wizard by blood, Harry Potter sets out over eight movies to study sorcery at Hogwarts School in order to fulfil his destiny.

Special powers: Besides being a heck of a Quidditch player, Harry displays a fantastic flair for broomstick-flying and possesses the most powerful magical wand in the wizarding world.

5 WILLOW UFGOOD

Played by: Warwick Davis

Origin: More of a stargazer than a sorcerer, the title character from 1988's cult-classic *Willow* may be adept at sleight-of-hand magic but he aspires to become a sorcerer when he's forced on a quest to save a baby from an evil queen.

Special powers: Not many. While trying to transform an ally back into human-form, he fails several times, instead morphing her into everything from a goat to an ostrich.

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DIVERSITY

TV is failing queer women: Report



Samira Wiley's character, Poussey Washington, had a violent death in prison on *Orange is the New Black*. JOJO WHILDEN/NETFLIX

A record number of gay characters are featured on broadcast series, but small-screen shows overall can be deadly for the female ones, according to a study released Thursday.

More than 25 lesbian and bisexual female characters died on scripted broadcast, cable and streaming series this year, the media advocacy group GLAAD found in its report on small-screen diversity.

While TV remains far ahead of film in gay representations, the medium "failed queer women this year" by continuing the "harmful 'bury your gays' trope," the report said.

The violent deaths included characters Poussey Washington (played by Samira Wiley on *Orange is the New Black*) and Bea Smith (Danielle Cormack on *Wentworth*).

It's part of a decade-long pattern in which gay or transgender characters are killed to further a straight character's story line, GLAAD said, sending what it called the "dangerous" message that gay people are disposable.

For its annual report titled *Where We Are on TV*, researchers tallied the LGBTQ characters seen or set to be portrayed in the period from June 2016 to May 2017. Counts were based on series airing or announced and for which casting has been confirmed.

Broadcast TV includes the highest percentage of regularly appearing gay characters — 4.8 per cent — since gay rights organization GLAAD began its count 21 years ago. Among nearly 900 series regular characters on ABC, CBS, CW, Fox and NBC, 43 characters are LGBTQ, up from 35 last season.

Streamed shows included 65 regular and recurring LGBTQ characters, up six from last season. Lesbians, including characters on *One Mississippi* and *Orange is the New Black*,

TELEVISION

In 2005, gay rights advocacy organization GLAAD began examining other aspects of diversity in its *Where We Are on TV* report. Among this year's detailed findings:

■ **Characters with a disability** represented 1.7 per cent of all regularly seen broadcast characters, up from 0.9 per cent last season.

■ **African Americans** will be 20 per cent (180) of regularly seen characters on prime-time broadcast shows this season. But black women are underrepresented at 38 per cent of the total.

■ **Asian-Pacific Islander Americans** on broadcast TV hit six per cent, the highest tally found by GLAAD.

■ **Latin American** characters rose a point to eight per cent, equalling the highest representation found two seasons ago by GLAAD. THE ASSOCIATED PRESS

account for the majority of characters, 43 per cent, a far higher share than on broadcast or cable.

Cable series held steady with 142 regular and recurring LGBTQ characters, with a five per cent increase in the number of gay men, but a two per cent drop in the number of lesbian characters depicted.

The number of transgender characters in regular or recurring appearances on all platforms has more than doubled from last season, from seven to 16.

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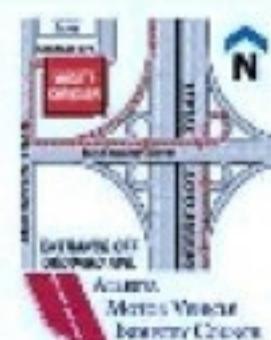
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K'naan faces backlash with TV show

PILOT

Community conflicted over portrayal of young Somalis

For Somali-Canadian rapper K'naan, the story he is trying to tell in his proposed HBO series *Mogadishu, Minnesota* is one he has lived — an immigrant try-

ing to adjust to life in America.

But the 39-year-old ran into vocal opposition from fellow Somalis as he prepared to film the series pilot in Minneapolis, home to the largest Somali community in the U.S. While K'naan envisions a family drama, critics worry the series will focus on young Somalis who have gone overseas to join terrorist groups — concerns raised by the series' original title *The Recruiters* and the involvement of Academy

Award-winning director Kathryn Bigelow (*The Hurt Locker*).

"We don't want Muslims being stereotyped," K'naan says opponents tell him. "I say, 'Me, too. That's why I'm writing this.'

Filming of the show's pilot wrapped Friday after shooting at about 14 main locations in the Minneapolis area. K'naan, who lived in Minneapolis in his early 20s, said he wanted to shoot in a city he found "inherently cinematic."

Born in Somalia, K'naan came to the U.S. when he was 13 and lived in New York and then Toronto, where he spent his teenage years. He said he is "trying to tell a story that reorganizes in the public consciousness how they see Muslim Americans," and wants to move away from stereotypes and tell a tale about "people's lives and how they really live them."

In a recent interview with The Associated Press he called Minne-

apolis "a new American experiment, a place where America is negotiating its differences and its commonalities."

"It's a new Ellis Island, in a way," said K'naan, who said he came up with the idea for the series — named after the capital of Somalia — about three years ago. "And I thought, what a great place to set a story, to dispel the myth about Somalis and immigrant threats and Muslims in general."

While K'naan emphasizes the true-life aspects of his characters (Sameer, described by HBO as "the Somali All-American boy" planning to go to college, and his father, Afrah, a former professor in Somalia, now working at a rental car company in the U.S.), opponents worry that the show will focus on the recruitment of young, disaffected Somalis to join terrorist groups and stoke Islamophobia.

More than 20 young Minnesota men have joined the militant group al-Shabab in Somalia since 2007, while about a dozen people have left to join militants in Syria. Nine Minnesota men are set to be sentenced later this month on terror charges for plotting to join the Daesh group.

Ayaan Dahir, 24, a student at the University of Minnesota,

criticized the involvement of Bigelow, whose films include *Zero Dark Thirty*, about the hunt for Osama bin Laden.

"When the dust clears, we're the ones (who are) going to be left to pick up the pieces and continue to live here and be concerned about our safety," Dahir said.

But K'naan, who is making his directorial debut, insists the writing on *Mogadishu, Minnesota* is his alone, and that Bigelow is only an executive producer.

"This was my idea," said K'naan, who hopes the pilot leads to a 10-episode inaugural season.

K'naan has met some resistance in Minnesota's largest city. In September, K'naan had to cut short a free performance in the Cedar-Riverside neighbourhood — in the heart of Minneapolis' Somali community — when a protest over the upcoming pilot broke out. Police used a chemical irritant on the crowd and arrested two people.

But some Somalis who are fans of K'naan embrace the idea of a series on the premium channel showcasing Somali-Americans.

"I'm pretty proud of it," said Mahdi Mohamed, 51, of Minneapolis, who came to the U.S. in 1984. "All America can see it now." THE ASSOCIATED PRESS



Somali Canadian rapper K'naan recently wrapped up the pilot for his show *Mogadishu, Minnesota*, which he has proposed to HBO for a 10-episode series. THE ASSOCIATED PRESS

“A great place to set a story, to dispel the myth about Somalis and immigrant threats and Muslims in general.”

K'naan on Minnesota as the setting for his show

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For Ballinger, hate is a good thing

INTERVIEW

YouTube star says Netflix series reveals deeper story

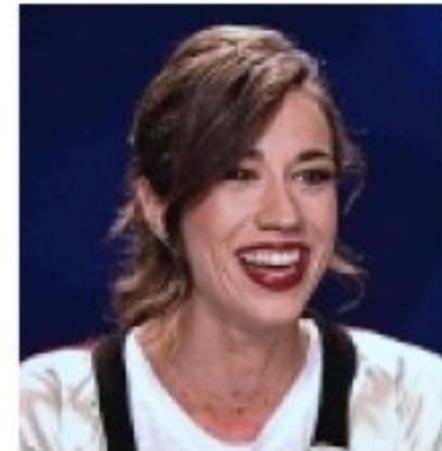
Get this haters: Miranda Sings has her own TV show on Netflix — and it's appropriately titled, *Haters Back Off!*

Miranda is the quirky, overly confident wannabe celebrity who wears red lipstick drawn outside her lips. She started uploading videos of herself on YouTube in 2008, and she unabashedly believes that she's extremely talented and destined for stardom.

The character of Miranda is played by 29-year-old actress and comedian Colleen Ballinger.

Ballinger believes the original interest in Miranda came from viewers trying to figure out if she is a real person.

"The videos were getting passed around because people were trying to figure out if I was a real person, if I was an actress," Ballinger said in a recent interview. "They loved to hate me. ... I got a lot of hate mail and that's where the term 'haters back off'



It's so important to having success online to make people feel like they really connect to you.

Colleen Ballinger on being open with fans

came from. And ... then it slowly shifted into the fans liking the videos and I started to pick up on what was trending online and trying to ... go with that and make this career snowball into something more than just a couple viral videos."



Colleen Ballinger stars in her own Netflix series called *Haters Back Off!* AP PHOTO/BRUCE BARTON

The Miranda Sings YouTube channel has more than 7 million subscribers.

Ballinger said that while she initially resisted revealing her identity, she now believes fans have embraced Miranda as a character. She also has her own personal YouTube channel where

she vlogs and posts her own videos not in character.

"We're letting (viewers) into our home multiple times a week. They know everything about me. It's so important to having success online to make people feel like they really connect to you," Ballinger said.

On *Haters Back Off!* viewers see Miranda beyond the Internet.

"We've seen Miranda's YouTube videos online for many years, but this is the kind of story of what happens behind the camera and before she films a video and after she films a video and how does someone become In-

ternet famous and how does that change their life once they do become famous and the inner workings of this girl who is a little bizarre and different," Ballinger said.

Viewers are also introduced to the other people in Miranda's world.

"It's also about this family who's a little quirky and a little weird and they're OK with that ... they don't have to stick to what is popular or what is beautiful or, you know, trendy. They're themselves and they're happy with that and I think that's an important message to share, too."

Ballinger says she always wanted to be a performer.

"I went to school for singing and, you know, I was a vocal performance major," said Ballinger. (That means those videos of Miranda singing off-key are jokes.)

"I wanted to do opera and musical theatre so, you know, I had big plans to go to New York and do Broadway and all this kind of stuff, but I never would have thought it would come from Miranda. Miranda was something I was doing for fun on the side. It was a fun hobby for me so I never thought it would become like a real job." THE ASSOCIATED PRESS

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Exploring Queen Elizabeth II's legacy

STREAMING

Netflix's The Crown breaks budget to retell royal history

Playing young Princess Margaret in Netflix's high-budget Royal Family saga *The Crown* carries with it a certain responsibility.

Vanessa Kirby wanted to ensure she got the part right, so she undertook a research marathon that spanned every scholarly text and salacious tabloid page-turner she could dig up on the Queen's sister.

"I have to say the (tabloid) one was particularly useful," Kirby admits.

"(They) got first-hand accounts from people that were in the rooms with her, from butlers to friends — they all come out of the woodwork eventually."

Stepping behind the closed doors of Buckingham Palace is the lure of *The Crown*, which debuts Friday on Netflix. The 10-episode first season of the series recounts the early years

of Queen Elizabeth II, starting with her wedding day in 1947.

Kirby says her self-assigned reading list helped her understand Princess Margaret's personality, but she eventually had to reckon with the divide between factual books and TV's fictional tale.

"You think, 'Am I trying to be this person or trying to embody the spirit, soul and essence of them?'" she says.

Actor Jared Harris, former star of *Mad Men*, says playing King George VI came with its own challenges. He decided to channel his own version of the man, rather than attempt to replicate history to a tee.

"All that research is intrinsically helpful as long as it fires the imagination," Harris says.

"My attitude to these things is you're not doing the real person, you're doing the writer's version."

The Crown was created and written by Peter Morgan, who previously won praise for bringing an even-handed humanity to the Royal Family in *The Queen*, the 2006 film that won Helen Mirren an Oscar in the title role.

Here Morgan gets a bigger



Claire Foy, center, and Matt Smith, right, in a scene from *The Crown*, premiering Friday.

THE ASSOCIATED PRESS

canvas to explore the Royal Family and how its modern day legacy came to fruition.

The Crown is reportedly the most expensive Netflix original

series produced to date. Sections of Buckingham Palace were painstakingly rebuilt inside England's production hub Elstree Studios, while location

filming spanned the United Kingdom.

Producers scoured the region for the most cinematic country houses and old estates to

substitute for famous places like the Queen's Sandringham Estate and Balmoral castle, the Royal Family's Scottish holiday home.

But Harris, who also starred as Prof. James Moriarty in the 2011 film *Sherlock Holmes: A Game of Shadows*, says with only so many historical spaces to film in, he sometimes felt a sense of déjà vu while shooting *The Crown* on location.

One day, Harris realized he was standing in the same lavish space he tread years before as Moriarty, Holmes's famous adversary.

"I looked (around) and went — 'This is Moriarty's office!'" he laughed.

Diving into royal history left both actors with differing attitudes towards the public's obsession with the infamous family.

Harris ponders how the "mystery of the crown" keeps people entranced with every kernel of gossip. Kirby has taken a more vested interest in the fodder.

Before "I was apathetic," she says. "Now I'm completely obsessed with all their lives."

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Meghan Markle, who plays Rachel Zane on *Suits*, says her new line for Reitmans is an "accessible version" of what she wears in character. CNW GROUP/REITMANS CANADA LTD.

Made for aspirational girls next door

FASHION

Suits TV star says line is extension of her own style

Antique cut-glass coupes appear magically at the leather-rimmed round booth in the SoHo house dining room, followed, also via invisible hands, by Champagne.

Meghan Markle, who plays paralegal-turned-law student Rachel Zane on the filmed-in-Toronto smash legal series *Suits*, is in a celebratory mood. She got big news on her way to this interview: she surfed past one million followers on Instagram earlier in the day.

This modern vote of popularity comes at a swell moment for California-girl Markle, who

pegged another milestone this past summer, turning 35. And on Thursday, Montreal-based Reitmans released her second fashion capsule collection.

"This is totally an extension of my personal style," she says, which she describes as, "aspirational girl next door."

She was "deeply and passionately involved in the design. I'm a brash American and if my name is going to be on something, I'm going to have my say."

The six-piece line is modelled after what she wears in real life. It is also "an accessible version" of the glamorous duds she wears in character.

It is cast in sophisticated shades and includes two cashmere ponchos (grey and white), snug skinny trousers and a sexy pencil skirt both in chamois-soft black vegan leather, silk blouses and a fitted black body

suit that riffs on Donna Karan's revolutionary 1985 contribution to practicality and sleekness in women's workwear.

Every piece in the line is less than \$100. "These girls go into the store with their hard-earned money," she says, of the fans who made her first Reitmans dress collection this spring a virtual first-day sellout. "And I care about that. I was not a girl who grew up buying \$100 candles. I was the girl who ran out of gas on her way to an audition."

She wants to represent, she

says, "the girl I was when I was struggling to make it."

Her fans, many in the 15 to 22 female age group, have an encyclopedic grasp of what Rachel Zane wears onscreen.

"They will come up to me and say, 'Where do I get that blouse that Rachel was wearing when she first kissed Mike Ross?'" she says. "And I don't want to break their hearts. I remember that Rachel Comey backless blouse and believe me, I don't have that in my closet. Or the \$5,000 Tom Ford skirt! But I want to help

them find something like it they can afford."

Markle says she enjoys working with the costume team on set, and that you can tell what's happening on the show based on colours her character is wearing: white and blush for falling in love; a dour charcoal palette when her lover is imprisoned.

The "sexiness factor" is also something Markle worries about. "Yes, those pencil skirts on the show are fit within an exhale," she says, "but I fight to get that paired with a men's oversized shirt for balance."

"Rachel Zane is a very classy Upper East Side gal," says Markle, recalling the controversy early on in the series when a black actor (Wendell Pierce) was cast as her father. "There was a racist undercurrent," says the actor, who has written about her biracial identity.

"It was ugly online, upsetting, people saying, 'she's not black, I thought she was hot.'" She says she has been able to be "a fly on the wall," witnessing racially weighted comments, "because people can't immediately tell what my background is."

Today, the online trolls are policed by Markle's very own army of young female fans, who shame away the nasty comments before she sees them.

She says she is particularly pleased to work with Reitmans, which has a long-term commitment to a full range of sizes.

People attack her for her own size, sometimes saying she is too thin, sometimes too curvy. She's having none of it. "I take very seriously being a role model for young women." And she "invites those who engage in body shaming to unfollow me."

TORSTAR NEWS SERVICE



I was the girl who ran out of gas on her way to an audition.

Meghan Markle

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The Jerry Cans, left to right, Nancy Mike, Andrew Morrison, Gina Burgess, Brendan Doherty and Stephen Rigby. After two albums and successful tours as far afield as Australia, Nunavut-based musician Andrew Morrison felt he and his band the Jerry Cans had earned the right to be taken on their own terms. THE CANADIAN PRESS/HO-AAKULUK MUSIC-MICHAEL PHILLIP WOJEWODA



Home grown tunes get life

RECORDING

Iqaluit's first record label crucial infrastructure

After two albums and successful tours as far afield as Australia, Nunavut-based musician Andrew Morrison felt he and his band the Jerry Cans had earned the right to be taken on their own terms.

The music industry felt differently.

"People are interested in the music but because it's not sung in English, there's a lot of hesitation in the music industry world to work with that," said Morrison. "We just weren't willing to take that any more."

So they started Aakuluk Music, Iqaluit's first record label, devoted to recording, assisting and promoting pop music of all kinds sung in Inuktitut.

Its first release, on Nov. 4, will be from the Jerry Cans, with the band's usual blend of folk, rock, Celtic, reggae and throat singing that Southern Canada has sampled on the folk festival circuit. And the nascent label, formed this fall, is already working with three other Nunavut-based acts.

Even in a time of file-sharing and streaming, a local label is an essential piece of music industry infrastructure, said Morrison.

"We call it a label, but it's much more of a music organization," he said. "We're helping the artists book shows and manage their music and help them write grants and record and help them network."

When it costs \$2,000 to fly to the nearest southern city, like-minded locals have no choice but to work together.

"There's so many talented musicians in this territory and talented artists and something that's a bit more lacking is the industry side of it. We wanted to create a space to built on the Nunavut music industry."

It's not as if the music isn't there.

It starts with the deep traditions of throat-singing and drum-dancing. Layered on to that are the accordion and fiddle tunes introduced by Scottish whalers that have been filling dance floors across the territory since the nineteenth century.

Then there are generations worth of Nunavut singers and songwriters that have performed in Inuktitut, starting with Charlie Panigoniak, continuing through Susan Aglukark and on to Tanya Tagaq.

Some are unknown in the South, like the band Northern Haze, which performed in the '70s with songs describing the move from the old life on the land to the new one in towns.

Homegrown tunes were a big deal, said Nancy Mike, the Jerry Cans' vocalist and throat singer.

"It was in our own language and we could understand what they were saying. It was very powerful for me."

One of Aakuluk's future projects will be to dust off, restore and reissue some of those old recordings, said Morrison.

The world is finally ready to listen, he believes.

"We toured Australia and New Zealand and we're playing songs by some of those guys, some of the old artists. We tell them, 'We sang your song for 3,000 Australians and they're like, 'What the hell?'"

And it seems to work. One Jerry Cans tune, about the deliciousness of eating seal, has a sing-along chorus.

"We've had thousands of people screaming Inuktitut words back at us," Morrison said. "People are willing to learn and willing to engage with that."

There's still a long way to go.

The territory has no real recording studio and no real performance hall.

Internet connections are so poor the Jerry Cans can't even download their own music video.

But it's a start, Morrison said.

"There's such a cool music scene in Nunavut."

THE CANADIAN PRESS

People are interested in the music but because it's not sung in English, there's a lot of hesitation in the music industry.

Andrew Morrison

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On cheating death, beating alcohol

ADDICTIONS

Sum 41 singer Deryck Whibley stops spiralling, gets centred

Sum 41 lead singer Deryck Whibley knew exactly what happened only moments after he awoke tethered to wires in a hospital bed.

Seventeen years of hard drinking and wild nights of partying like a rock star finally took their toll on his liver and kidneys. He was sure they would eventually.

But it was this humbling moment, as he peered across the room at his worried mother — who had flown across the continent, from small town Ajax, Ont., to Los Angeles' Cedars-Sinai hospital — that the severity of his alcoholism truly hit him.

"I knew instantly when I saw my mom's face," the 36-year-old musician recalls. "She'd come all the way from Ajax and was there standing over me."

Whibley says that's when he decided to quit drinking.

Life had spiralled out of control long before the Sum 41 singer wound up in hospital.

After years as chaperones of the pop-punk movement, the band was on the brink of destruction. Major hits like Fat Lip and In Too Deep had given way to extensive touring and a steady flow of album releases.

Coming off their gruelling Screaming Bloody Murder tour, which dragged on for about three years, Whibley says he was ready to call it quits in early 2013. The band's drummer Steve Jocz had already thrown in the towel.

"We had burnt ourselves out so much," he says.

But instead of making a rash decision about the band's future, Whibley took a vacation

in the bars of L.A. He partied and drank with friends and lived his life "with no rules or responsibilities whatsoever."

A year later he was laid up in hospital under sedation for a week. Doctors said another drink and he'd probably die.

Clawing back from liver and kidney failure seemed like an impossible task. With muscular atrophy in both his legs,

the fallout from being bedridden for a month, Whibley was starting from scratch. His motor skills were off kilter, he had trouble speaking, and he couldn't play guitar.

"The nerve damage on the bottom of my feet was so bad that I couldn't stand or walk," he says.

"Even if nothing was touching my feet it felt like I was sticking them in a fire."

Determined to beat his condition, Whibley started a grueling combination of physio and mental therapy.

Meanwhile, he knocked out lyrics for new songs while watching Quentin Tarantino and Tim Burton movies with the volume down for inspiration.

Sum 41's latest album 13

Voices captures Whibley's struggle to reclaim his life. The songs are written in chronological order, starting with his early recovery days and tackling the personal hurdles he encountered along the way.

Opening track A Murder of Crows addresses some of the supposed friends who exploited or abandoned him in his most desperate hours, while lead

single War is a pledge to soldier on through the hopelessness.

Once he scribbled down the lyrics to War and read them back to himself, he says he regained confidence. "So what am I fighting for? Everything back and more." It was a reminder to keep pushing ahead.

Instead of staying in a 12-step program, he found discussing alcohol only reminded him of the parts of life he was trying to leave behind.

"I just felt so much better when I did my own thing," he says.

Two years passed before Whibley felt any victory, he says, though he knows evading the bottle is a battle that will probably last a lifetime.

Sum 41 fans also gave him fuel with letters of encouragement that were deeper than the usual "Get Well" cards.

"They would send messages every day that were really heartfelt and emotional," he says. "That became something to look forward to."

Whibley hopes to return the favour with 13 Voices, an accompanying tour, and enough tracks to fill another album.

He also wants to stand with fellow recovered alcoholics, showing that not everyone fits the stereotype of middle-agers who struggle with the drink.

"I'm never going to tell anybody what they should or shouldn't do," he says. "All I can tell you is what happened to me." THE CANADIAN PRESS



Deryck Whibley performs during a concert of the at the 24th Sziget (Island) Festival in Budapest, Hungary. THE CANADIAN PRESS

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How The Darcys made the ultimate roadtrip record

MUSIC

Etobicoke duo reinvents sound on '80s inspired album

For Centerfold, the Darcys' first studio album as a duo, Jason Couse and Wes Marskell reinvented their sound, trading moody guitars for sunny synths and high-gloss produc-

tion. Their 2013 album Warring had been nominated for a Juno and longlisted for the Polaris Music Prize, but the longtime friends from Etobicoke were burnt out on the rock genre.

"We could definitely make Warring Part Two and tick off all the boxes that record did again," Marskell says. "But it didn't seem exciting, it didn't seem creative and it didn't seem like it was going to push us as writers, as

creators." Instead they went all in on what Couse calls a "concept record," inspired by the myth of running away to Hollywood to become famous and the happily ever after it implies.

The result is a 1980s-inspired album steeped in pop culture references. Calling from the road, Couse and Marskell broke down the landmarks they passed on the road to Centerfold.

TORSTAR NEWS SERVICE



Centerfold is Canadian indie rock group The Darcys' first studio album as a duo. CONTRIBUTED

STUDIO CITY 20%

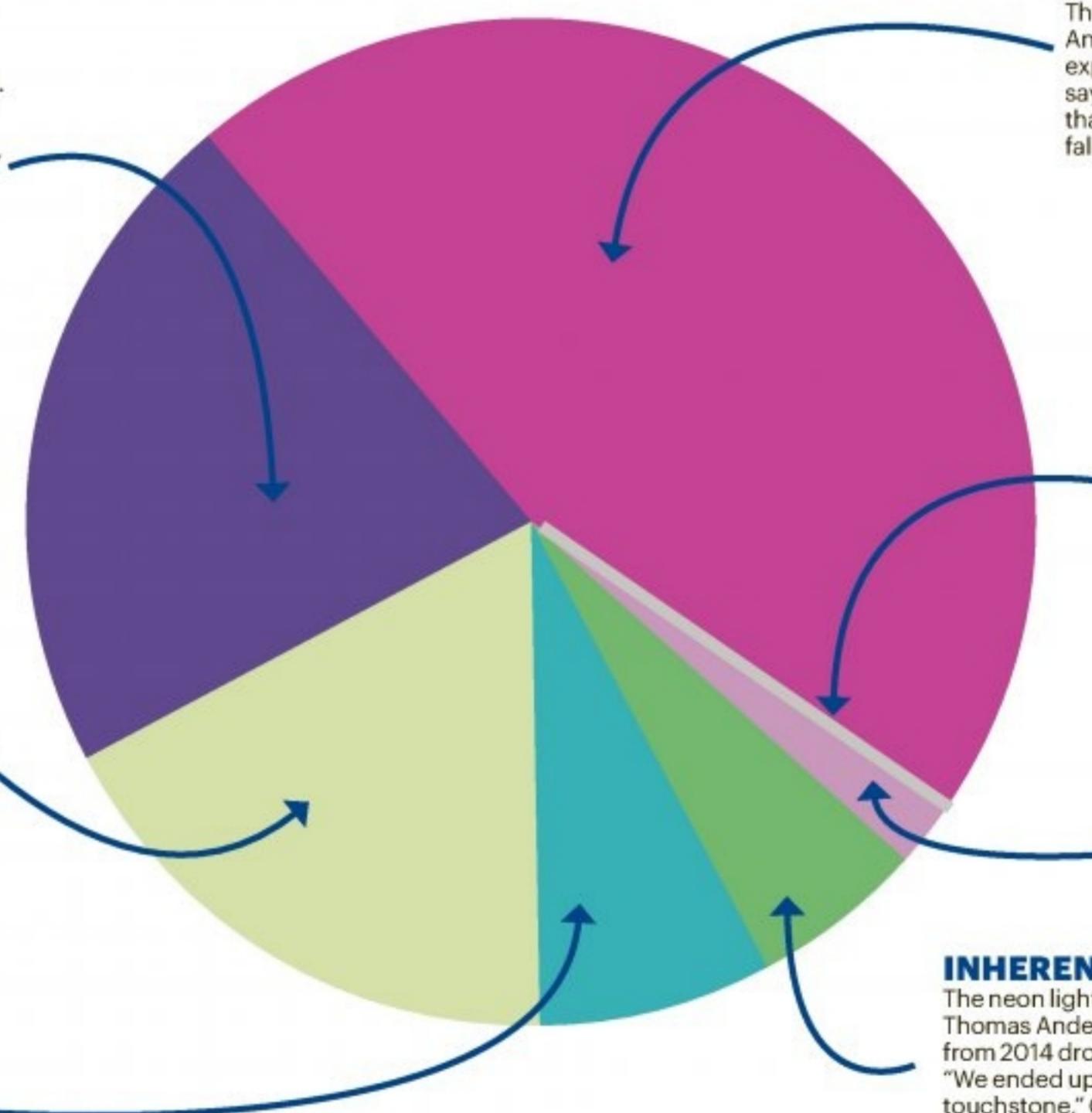
The lead track, Studio City, is less about the L.A. neighbourhood than the imagery it inspires. "Studio City is a pile of failed dreams," Couse says. "It's where people who don't make it in L.A. go to make porn. But if you don't know that you just think Studio City is this exciting mecca for starlets to make their way as a movie star in L.A."

BECK'S MIDNITE VULTURES 16%

Beck took a vacation from minting alt-rock classics on Midnite Vultures, his '70s-inspired 1999 album, one of Marskell's favourites. It inspired The Darcys' own musical pivot to a synthier sound. "I felt that if we made a record that was that genuine feeling, instead of like he was wearing a mask, then we would have done a good job," Marskell says.

MICHAEL JACKSON AND JUSTICE 8%

The funk-pop jam, Miracle, Centerfold's lead single, started as a Franken-beat that blended beats from Michael Jackson classics Beat It and Billy Jean. They then fiddled it into something that reminded them of Justice's 2007 electronic album Cross. "We would build this blend of what we felt was important music in history and then something that's new that we really loved and try to bring them together to create our own sound," Marskell says.



CALI ROADTRIP 42%

The duo conceived the record as a road trip to Los Angeles. "Driving that route to Los Angeles and experiencing Route 66, it is like a fallen dream," says Couse. "A lot of the hyper-American things that were built there have been neglected and fallen apart."

ROCK OPERAS 2%

Do you love American Idiot? Read on! "I am going to regret saying it to you, but it's like a secret rock opera," Marskell says of Centerfold. "If you look at all of the narrative points it's almost laid out like a trip from Toronto to L.A." Marskell adds: "It's not as deep as us referencing rock operas, but I think of (the Flaming Lips') Yoshimi Battles the Pink Robots, where the narrative is strong enough throughout the record that you could extrapolate it into something like a rock opera."

OTHER MOVIES 5%

As they were working on the album, Couse and Marskell would have movies on mute for inspiration, including Blade Runner, Kill Bill, Days of Thunder and L.A. Confidential. Marskell says he's seen Quentin Tarantino's drag-racing action film Death Proof around 30 times, and zero times with the sound on.

INHERENT VICE 7%

The neon lights and beach-house beauty of Paul Thomas Anderson's L.A.-based stoner crime film from 2014 drove the grimy L.A. vibe of the album. "We ended up using it as a colour and visual touchstone," Couse says.

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Hillary Clinton and Donald Trump will both be in New York City on election night, forcing the attention of the world on the Big Apple. If you want to be in the centre of the action, here is Metro's look at the key spots to watch history — or infamy — in the making.



(POLITICAL) PARTY CENTRAL

Eva Kis
Metro | New York

After 18 endless months, Election 2016 all comes down to one night. If you don't want to sit at home with Twitter for this one, head to New York City, where both Hillary Clinton and Donald Trump will be Tuesday night, and get to a party as memorable as this campaign.



Political Party with Keli Goff
Find intelligent banter and cocktails at The Greene Space, where WNYC's Political Party host Keli Goff will gather some of her best informed, funny friends for a night of live commentary

and analysis. And because this is the smart, cool kids' party, there will be games like political bingo and trivia to score rad public radio swag. \$20, 7 p.m., 44 Charlton St., thegreenespace.org

Headcount's Soundtrack to History
That ominous drumbeat that's been following us around for 18 months just won't do on Nov. 8. At Brooklyn Bowl, Everyone's Orchestra is bringing together nine of the city's most politically attuned musicians from bands like Big Gigantic and Disco Biscuits for a night-long jam session that "interprets" the results, which you can watch roll in on every screen at the venue.

\$25-\$250, 8 p.m., 61 Wythe Ave., Brooklyn, brooklynbowl.com

Election Night at Village Pourhouse

Like the closing minutes of an eBay auction, this election cycle has only gotten more intense the closer we get to the finish line. Take out your frustrations at Village Pourhouse by swinging at Trump or Clinton pinatas for a chance at prizes like a free tanning session (at least it won't turn you orange), plus take your own battle-royale pics in masks of both candidates. Specialty cocktails include the Donald Drumpf and Secret Server, all just \$8 from 8 to 11 p.m. Free, 64 Third Ave., villagepourhouse.com

Put it on ice
Wolf Blitzer's holograms have

nothing on The Rink at Rockefeller Center, which will become Democracy Plaza with a map of the U.S. projected onto the ice and painted with light as states turn blue or red for the candidates. Watch the action from a front-row seat inside the (heated) Rock Center Café, where TVs will also be showing the election coverage, with cocktails inspired by the candidate of your choice (plus the Undecided, all \$12) and a \$39 three-course prix-fixe campaign-themed dinner. Free, 20 W. 50th St., rockcenter-cafe.com

Election Night at Professor Thom's

The candidates won't be the only ones winning on election night at Professor Thom's. Head upstairs for all the election action you can eat and

drink: Every time a state is called, the wheel of specials will spin to reward all in attendance with a new deal, like BOGO drinks and 25-cent wings. Free, 219 Second Ave., professorthoms.com

Political Sub-Verities

Between a hip-hop improv troupe, a social-justice comedian, a mentalist and the associate editor of Reductress, someone is bound to have an opinion on every moment of the night. This impromptu evening of fun at Littlefield brings together a lineup of unconventional observers to turn election night into the political party of the year. \$10-\$15, 7 p.m., 622 Degraw St., Brooklyn

Election 2016 Viewing Party: The Apocalypse!

We've certainly had our differences this campaign season, so set them aside at The Hill. Networking guru David Shapiro wants everyone to toast the end of the acrimonious campaign while meeting some new people over good food, specials, an election-themed drinking game and raffle prizes in the bar's upstairs lounge. Insults will cost you a drink for the person you got snippy with, so be cool and enjoy specialty cocktails like The Combover after grabbing your free beer, wine or well drink included in the ticket price. \$10, 416 Third Ave., 7 p.m. to 12 a.m., eventbrite.com



NATIONAL PARKS

Gaze into other galaxies from Jasper Planetarium

In Jasper, you can come for the snow sports and stay for the skywatching. You may even spot a sasquatch.

At the Jasper Planetarium visitors can take in a digital light show of constellations amid local landmarks, then troop outside and marvel at celestial sights set against one of the darkest backdrops in the world.

"There are details in things that I've seen here that I've never seen before. Details in galaxies and nebulas that I've strained to see in other places,"

There are details in things that I've seen here that I've never seen before.

Peter McMahon, astronomer-in-residence

said Peter McMahon, Jasper's astronomer-in-residence.

Looking through a bank of telescopes, including a 136-kilogram monster, would-be Galileos can spy the Northern Lights, clusters of galaxies, stars being born below the Orion Nebula, the cloud tops of Jupiter, the rings of Saturn, and flames exploding off the

surface of the sun. If it's cloudy, they can listen to the magnetic fields of Jupiter.

Jasper National Park was designated a star-gazing preserve by the Royal Astronomical Society in Canada in 2011. Ninety seven per cent of the park is wilderness, free of light pollution. On the nine-point Bortle scale, Jasper is a one

or a two, compared with, say, incandescent Toronto, which would be a nine. The designation has led to the creation of the Jasper Dark Sky Festival, an annual celebration of things celestial, and then, last year, the Jasper Planetarium.

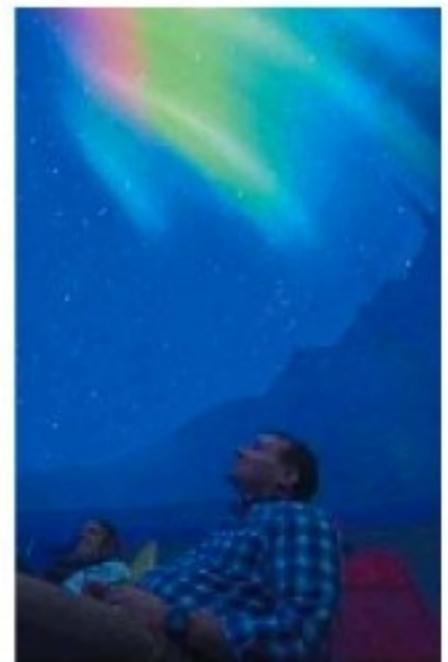
The planetarium itself is an inflatable dome that seats 35 for a digital-projection show of constellations set against local landmarks.

The show includes the constellations identified and named by Canada's indigenous people, with names like Beaver,

Star Chief, Loon, Goose, Wolf, Turtle, Spirit World and even one named Bigfoot.

"As far as we know we're the only planetarium in the world that has not only the constellations of the First Nations that would have been in this area since before recorded history, we have the only set of aboriginal constellations that fills the entire sky, where you can say this is the Ojibwa version of Cassiopeia, or this is the Cree version of Orion, for example," said McMahon.

THE CANADIAN PRESS



Visitors can take in a digital light show, then go outside to see the real thing. HANDOUT



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They'll never walk alone

ENGLAND

Liverpool's independent scene comes together

Tamara Hinson
For *Torstar News Service*

There's no denying Liverpool One has everything you could want in a city. Liverpool's massive retail and entertainment complex has bars full of soccer players celebrating bulging pay packets, glossy department stores and packed nightclubs.

But dig a little deeper and you'll find a blossoming independent scene. It's one with less bearded, full-sleeved hipsters than similar scenes in other U.K. cities and more of a shout-it-out-loud passion for independent, grassroots enterprise.

And it's a scene which owes its success to friends David Williams and Oliver Press.

"The fourth Tesco and third Costa Coffee had opened within a square mile of where we lived," recalls Williams, a 25-year-old born-and-bred Liverpudlian. "We had to do something."

The pair started a blog about Liverpool's independent businesses, and, in 2013, they launched Independent Liverpool, where members sign up for an Independent Liverpool card that provides access to discounts at 100 (and growing) local, independent businesses.

"What we love about Liverpool's independent scene is that it's not pretentious," Williams explains. "It's exploded in the last five years and every week



In Liverpool, street art can be found on the walls and parking spaces alike. Top right: The Cavern Club is where the Beatles played some of their first shows and remains one of the most popular venues in the city. TAMARA HINSON/FOR METRO

there's something innovative happening. It's always been a city of rule breakers and risk takers, and this creates the perfect environment for an independent scene to thrive."

In the Baltic Triangle, Hipster-filled cafés squeeze alongside grimy warehouses (and I mean warehouses in the true sense—not ones converted into nightclubs or bars or coffee shops). But I found a few gems, including the Hobo Kiosk. I noticed this tiny second-hand store because of the wooden chair attached to the outside wall.

metres off the ground. Inside, I found haphazardly-stacked piles of rare teen annuals dating back to the '60s, lovingly polished vintage sweet tins and fantastically kitsch homeware.

Unlike the Baltic Triangle, the nearby Ropewalks area's ascension to coolness is definitely complete.

"The Ropewalks is Liverpool's independent mecca," Williams tells me. "It represents Liverpool's past, present and future and radiates the buzz of the city."

So-called because it was once home to the ropemakers whose

main business came from the ships calling in at Liverpool's docks, the area comprises several long, straight streets adjacent to each other. Legend states they were designed this way because the tradesmen needed to lay out their lengths of rope.

The streets are filled with independent businesses: galleries, bookshops and record stores. One of my favourites is Leaf on Bold Street. Inside the spacious, airy café, a huge light installation declares: "Where there's tea there's hope."

It's incredibly homely, with

frilly lampshades, enormous sofas and a menu listing 60 types of tea. Homemade cakes are displayed under ornate glass lids.

Other Ropewalks favourites include Rennie's Arts and Crafts, a 40-year-old art store where staff still tote up customers' bills on calculators, and Lucha Libre, a Mexican street-food restaurant where the food is authentic and delicious.

One afternoon, I take a shortcut and find myself staring at an enormous mural—a smiling woman rising up out of a fish-filled expanse of water. It

covers the entire side of a building which faces onto a car park.

But my companion then points out another piece of street art. Every single one of the car parking spaces has been personalized, with names—Earl, Betty, Bob and Iris, to name a few—painted neatly in bright white paint.

And while other city centres are all too often filled with identikit restaurants and bars, in Liverpool, even the pubs owned by larger companies have an independent streak.

One of the newest restaurants is the Old Blind School. The gastropub is housed in a building that dates back to 1791, once housed one of the U.K.'s first schools for the blind. Beyond the weathered stone façade is a beautiful wrought iron staircase, artfully exposed brickwork and sculptures of hands acting out sign language.

It's the perfect place to line my stomach prior to my last hurrah—a night at the famous Cavern Club, a Liverpool institution and the birthplace of the Beatles. The subterranean venue is hot and cramped, but the vibe is fantastic, and the Rolling Stones tribute act is going down a storm.

The lead singer, who prances across the stage—head jutting, limbs flailing—has obviously spent a huge amount of time studying Mick Jagger. At the end of his set, he spends five minutes doing star jumps on the spot. I don't remember this being one of Jagger's trademark moves, but then again, in Liverpool, things are rarely done by the book.

Tamara Hinson's trip was sponsored by Marketing Liverpool.



TRAVEL NOTES DUBAI'S LEGOLAND, YANGON'S HERITAGE AND CONCERT HALL FINALLY FERTIG

Legoland becomes first brick in Dubai's southern expansion

A massive complex of amusement parks planned in the southern desert of Dubai has opened its first park, a Legoland, complete with models of sheikhdom's architectural wonders. The city-state hopes to develop the desert on the road to Abu Dhabi ahead of hosting the 2020 World Expo. Dubai already has plans to one day handle over 200 million passengers a year at the nearby Al Maktoum International Airport.



THE ASSOCIATED PRESS

Group hopes to preserve heritage of Myanmar's biggest city

A Yangon historic-preservation group says Myanmar's largest city and commercial capital is facing its "last best chance" to save many crumbling architectural treasures dating back to the days when Myanmar was the British colony of Burma. The Yangon Heritage Trust recently proposed a heritage strategy for Yangon, outlining a vision for making the Southeast Asian city more livable, modern and affordable while preserving its unique landmarks.



ISTOCK

Spectacular new Hamburg concert hall completed

A spectacular new concert hall overlooking Hamburg's harbour has been completed, several years behind schedule and far over the original budget. The first concert is scheduled for Jan. 11. The Elbphilharmonie, with a wave-shaped roof and spectacular glass facades, was built on top of a former coffee warehouse jutting out into the harbour of Germany's second-biggest city. It's also home to a hotel.



THE ASSOCIATED PRESS

Hawaii volcanoes 'one heckuva hike'

OUTDOORS

Guided tours get as close as possible to moving lava

Jennifer Allford
For Torstar News Service

We're walking down a gravel road toward the spot where lava is pouring into the ocean like cake batter into a pan. We're transfixed by the giant billow of steam caused when lava hits the water.

The ocean is to our left and fields of black lava stretch up the mountain to our right. A line of smoke runs down the mountain where sparse trees have burst into flames because of the 1,200 C molten rock running in a tunnel underneath.

It's going to be one heckuva hike.

We're at Hawaii Volcanoes National Park, a UNESCO World Heritage Site on the east side of Hawaii Island and home to one of the most active volcanoes in the world.

About 1.8 million people come to see the volcano every year, many driving to the lava lake at the top of the mountain. Visitors can rent a bike or hop on a boat to see the "ocean entry."

We avoid the ocean entry, taking a hard right off the road to hike the black lava up toward the peak.

"The goal is for us to get really close to moving lava," says our guide Dominik Stauber, co-owner of Hawaii Outdoor Guides.

We're well equipped for the task. Stauber has set us up in lightweight packs with all the snacks and equipment we need

for the 20-kilometre trek, including six bottles of water.

The first few steps are tentative — it feels like you're walking on a macaron and you might crash through to the gooey part in the middle.

We stop now and then to take down a bottle of water, rest and notice the shiny blue flecks in the black rock we're sitting on. Stauber hauls out his binoculars to look for orange.

We find it, coming around a bend to spot a "toe" of lava peeking out under a bed of black a couple of metres away. We move back a little to cooler ground. The toe bursts and the lava starts creeping toward us.

It sizzles. We gasp.

When it's really hot, the lava can move about a foot a minute. But after a few metres, the flow stops as suddenly as it starts.

It cools down fast when it hits the deep freeze of the 28 C air, Stauber explains. After we take a few (hundred) pictures of boiling rock, we get our headlamps ready and start hiking out.

The black lights up as the sun fades. Lava contains silica — glass — that reflects the light from our headlamps and the stars (the newer the lava the shinier, because the glass hasn't been broken down yet).

We lie on our backs to enjoy the other light show, the thick blanket of stars, and the plume glowing orange in the dark. There's a shooting star. And another.

Back on the gravel road, people returning from the ocean entry zoom past us on their bikes.

I admit I'm jealous of their wheels as we trudge toward the parking lot, our headlamps bobbing in the dark. But as I take another swig from my fifth water bottle and turn

around for a last look at that orange in the distance, I know I wouldn't trade that hike for anything.

Jennifer Allford was a guest of the Island of Hawaii Visitors Bureau and its partners, which didn't review or approve this story.



About 1.8 million people come to the Hawaii Volcanoes National Park every year. THE ASSOCIATED PRESS

We move back a little to cooler ground. The toe bursts and the lava starts creeping toward us.

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WHEN YOU GO

Go on the lava flow hike The hike with Hawaii Outdoor Guides costs \$179 U.S. per person. It's about 45 minutes from Hilo to Hawaii Volcanoes National Park.

Don't pocket the lava Lily Dudoit, who gives cultural tours of lava artifacts around

the Sheraton Kona, says, "It comes down to one simple fact. It belongs here."

Do stop for poke You'll need some protein before your hike. Try the Suisan Fish Market in Hilo for poke — rice (brown or white) with two types of cubed, flavoured raw fish.

Simmerling 'stronger' in return

SKI CROSS

Rio bronze medallist sets sights on slopes after injury

Vincent Man
Metro | Toronto

Georgia Simmerling isn't your typical athlete.

In fact, she is like no other Canadian Olympian.

The 27-year-old from West Vancouver has the distinction of being the only Canuck to have competed in three different sports at three different Olympics. She achieved that feat in August at the Rio Games, where she won a track cycling bronze medal with

Georgia Simmerling was ranked second in the world during the 2014-15 World Cup ski cross season.

LAURENT SALINO/AGENCE ZOOM/GETTY IMAGES

teammates Allison Beveridge, Kristi Lay and Jasmin Glaesser in the women's team pursuit.

"It was an amazing experience," Simmerling recently told Metro. "Crossing that finish line with my teammates was truly the best feeling of my life."

Track cycling in balmy Rio is quite the contrast from Simmerling's other Olympic appearances. Her debut was in alpine skiing at the 2010 Games in Vancouver where her best result was 27th in the Super-G. Four years later, she placed 14th in ski cross in Sochi.

What does it say about her to shift from sport to sport and still hang with the world's best?

"That I'm stubborn," Simmerling said snickering, "and that I like

to accomplish challenging tasks. As ski racers we work so hard in the off-season to be the strongest, fastest athletes we can be. I thought to myself, 'Why not tackle this and be a pre-planned transition into cycling.'

Since Rio, Simmerling has traded her bike for skis upon which she has raced her way to five career World Cup ski cross podiums. She has yet to race since January 2015, however, when she crashed and shattered her wrist in seven places.

"S-t, that's ski cross," Simmerling said of the wreck in which she flew over protective netting.

"There's a moment when you know it's not going to end well. You just say 'F, let's just come out of this the best we can.'"



ALPINE CANADA

Though she had her arm in a splint, she didn't lay restless. Within a week of surgery, she was already training on a stationary bike preparing for her pre-planned transition into cycling.

Simmerling spun the injury into a positive.

"I really believe it's how you come out of those injuries that defines you as an athlete," she said. "I've been through a lot of injuries and I've come out of them, I believe, stronger both mentally and physically."

"It's a time to reflect and to really see if you want to go through the rehab... I think it often fuels the fire and creates a burning sensation to get back out there."

Simmerling recently endured a five-week camp — her first taste of the mountains since the injury — and feels she's at her best.

"I had no confidence on Day 1 getting back on my skis," Simmerling said. "I saw my confidence grow every single day. I

had very low expectations of myself getting back on skis because I had taken 20 months off skiing which is a very, very long time. I think my coaches and I checked all the boxes needed for me to be back as quick as possible... working my way back on the ski cross course flying 50, 60 feet in the air and being comfortable doing that."

"We checked off all those boxes and I think I'm on my way to having a very successful season."

The World Cup season kicks off next month in Val Thorens, France, where Simmerling's best result was a second-place finish.

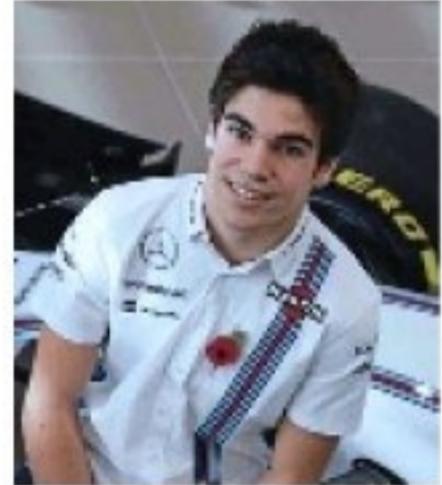
Simmerling, who describes herself as "a very here and now person," isn't overlooking the World Cup season but does have a return to cycling in her future goals.

The West Vancouver athlete recently won bronze in women's team pursuit cycling at the Rio Olympics.

CHRISTIAN PETERSEN/GETTY IMAGES

But what about competing at the Olympics in a fourth sport?

"Definitely not," she said. "I plan on going back to cycling, but plans change and you have to roll with the punches. Who knows what will happen between now and then?"



Lance Stroll
ADRIAN DENNIS/AFP/GETTY IMAGES

RACECAR DRIVING

Canadian teen Stroll promoted to Formula One

He doesn't yet have his regular road driver's licence, but 18-year-old Quebecer Lance Stroll was named Thursday to the Williams lineup for the 2017 FIA Formula One World Championship.

Stroll will be the youngest driver in F1 racing next year and the first Canadian on the grid since 1997 world champion Jacques Villeneuve left F1 a dec-

ade ago. He will replace the retiring Felipe Massa to team up with Finnish driver Valtteri Bottas.

Stroll dominated this year's Formula Three championship, winning the series by more than 100 points.

"I want to look at it like I'm starting from zero again," Stroll said during a news conference in England. "What happened this

year happened this year.

"I'm going to have to learn a lot of new things for next season. I'm a rookie; I'm going to make mistakes, going to learn in many areas and I'm looking forward to that."

Stroll, who becomes the sport's youngest driver since Max Verstappen made his debut last year at 17, said he would like

to get his regular road permit before the first race of the season.

Claire Williams, deputy team principal of Williams Formula One racing team, told reporters Stroll "is the full package for us."

"When we're looking at choosing a race driver, he has everything," she said. "He has the talent in the cockpit, he's intelligent, he gives great feedback

to the engineers."

François Dumontier, promoter of the Canadian Grand Prix, said there are three key moments in Canadian auto racing: 1978 when Gilles Villeneuve entered F1 competition; the arrival of his son Jacques in 1996; and Stroll's debut in 2017.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

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Autopsy reveals lead plaintiff Turner had CTE

NFL

Concussion was reason athlete got Lou Gehrig's disease

Dozens of times since beginning their work on the brains of former football players, boxers and military members who suffered repeated blows to the head, researchers have announced their findings with slides of damaged tissue, strong words about the danger of concussions and perhaps a call for sports officials to take the issue more seriously.

At a Boston University medical conference on Thursday, doctors put a human touch on the often clinical diagnoses, announcing to a room stocked with family members of CTE casualties that former Patriots and Eagles fullback Kevin Turner — the lead plaintiff in the NFL's concussion lawsuit — also was a victim of the disease.

"There's people there, not just brains," Tamara Alan, executive director of the Kevin Turner Foundation, said as she choked back tears to thank the research-



Kevin Turner THE ASSOCIATED PRESS FILE

ers for their work. With Turner's parents in the crowd, neuro-pathologist Ann McKee said the former Alabama and NFL star had the most severe form of chronic traumatic encephalopathy, a traumatic brain disease linked to repeated hits to the head. CTE likely caused the Lou Gehrig's disease that killed Turner in March at the age of 46, according to McKee.

"The severity of Mr. Turner's

CTE was extraordinary and unprecedented for an athlete who died in his 40s," she said.

CTE has been linked to repeated brain trauma and diagnosed in hundreds of former football players. It can also cause symptoms of Lou Gehrig's disease, also known as amyotrophic lateral sclerosis, or ALS. Showing slides with evidence of both CTE and ALS in Turner's brain, McKee said that it's not possible to establish that the CTE caused Lou Gehrig's disease through an autopsy, "but this is the best circumstantial evidence we will ever get."

THE ASSOCIATED PRESS



NBA CAVALIERS EDGE CELTICS IN CLEVELAND Canada's Tristan Thompson of the Cleveland Cavaliers dunks against Boston Celtics at Quicken Loans Arena, Ohio. The Cavs won the high-scoring game 128-122. DAVID LIAM KYLE/NBAE VIA GETTY IMAGES

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NOTICE

Notice of Hearing For Permanent Guardianship Order To: **JASEN HERKERT**

Take notice that on the 30th day of November, 2016 at 2:00 p.m., at Calgary Family Court, Courtroom #1505, 601 - 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for a Permanent Guardianship Order for your child born on March 15, 2016. If you wish to speak to this matter in court, you MUST appear in court on this date. You have the right to be represented by a lawyer.

If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make any Order that they deem appropriate, including a Permanent Guardianship order. **You will be bound by any Order the Judge makes.**

You have the right to appeal the Order within 30 days from the date the Order is made.

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DAILY WARM UP



Calgary metro

EUROPA LEAGUE

United's woe rolls on with Fenerbahce loss

Manchester United's attacking problems continued as it lost to Fenerbahce 2-1 in the Europa League on Thursday, leaving it at risk of a group-stage exit.

United beat Fenerbahce 4-1 at Old Trafford a fortnight ago, but arrived in Turkey after drawing with Burnley 0-0, during which it dominated and had 37 chances.

Again, Jose Mourinho's side failed to convert a glut of possession into goals, but this time it also struggled to create opportunities, although its attacking intent increased briefly after Zlatan Ibrahimovic replaced the injured Paul Pogba half an hour in.

United's struggles in front of goal, however, are being reflected by Ibrahimovic, who netted five goals in as many matches to get his career with the club off to a flying start, but has managed to score just once in the last 11 matches. United's David De Gea was by far the busiest of the two goalkeepers.

Moussa Sow put Fenerbahce in front after only 66 seconds with a



stunning overhead kick from just inside the area, and Jermaine Lens doubled the Turkish side's lead with a magnificent free kick in the 59th, much to the delight of a raucous home crowd. De Gea hardly moved for it.

Fenerbahce threatened to score a third. Emmanuel Emenike should have sealed matters but just failed to connect with Lens' cross, at full stretch in front of an empty goal.

Wayne Rooney netted a late consolation, smashing the ball into the top corner from 30 yards to move level with Ruud van Nistelrooy on 38 European goals for United. Fenerbahce leapfrogged United into top spot in Group A, level on points with Feyenoord, which drew at Zorya Luhansk 1-1. United slipped to third, one point off the pace.

THE ASSOCIATED PRESS

IN BRIEF

Harvard bans men's soccer

Harvard University is suspending its men's soccer team for the rest of the season over sexual comments made about members of the women's soccer team.

University President Drew Faust said in a statement Thursday night that an investigation into the 2012 team found that their "appalling" comments were not isolated and have continued through the current season.

THE ASSOCIATED PRESS

Canucks shutout in Sens loss

Mike Condon made 27 saves in his Ottawa debut as the Senators blanked the Vancouver Canucks 1-0 on Thursday. The 26-year-old could also get the nod in goal Saturday against Buffalo as Craig Anderson has taken an indefinite leave to be with his wife, Nicholle, who was diagnosed with cancer.

Mike Hoffman scored the lone goal for the Senators (7-3-0). Jacob Markstrom made 23 saves for the Canucks (4-6-1), who have now lost 7 straight. THE CANADIAN PRESS

RECIPE Pumpkin Cardamom Waffle

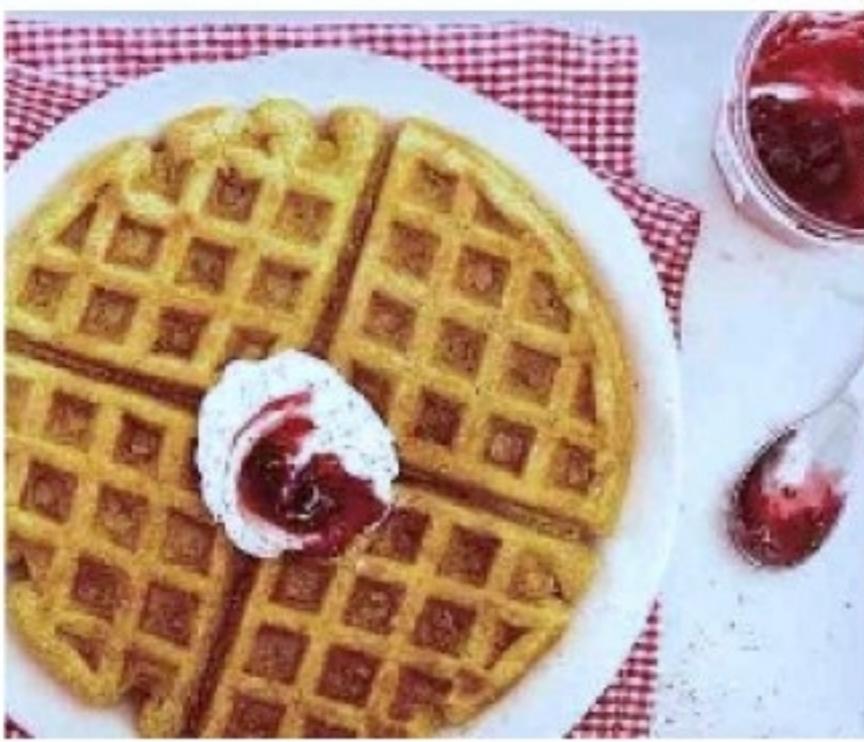


PHOTO: MAYA VISNEY

Ceri Marsh & Laura Keogh
For Metro Canada

You'll love the warm spice cardamom gives these pumpkin waffles, especially when it means you get breakfast for dinner.

Ready in 15 minutes

Prep time: 5 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 1 1/2 cups spelt flour
- 3 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp ground cardamom
- 3/4 cup milk
- 1/2 cup buttermilk

- 2 eggs
- 2 Tbsp oil
- 1 Tbsp maple syrup
- 1/4 cup pumpkin purée

Directions

- Preheat your waffle iron.
- In a large mixing bowl, whisk flour, baking powder, salt and cardamom. Stir in milk, buttermilk, eggs, oil and maple syrup. Mix in pumpkin.

- Coat waffle iron with oil or nonstick spray; repeat if necessary between batches. Follow the waffle iron's instructions for cooking.

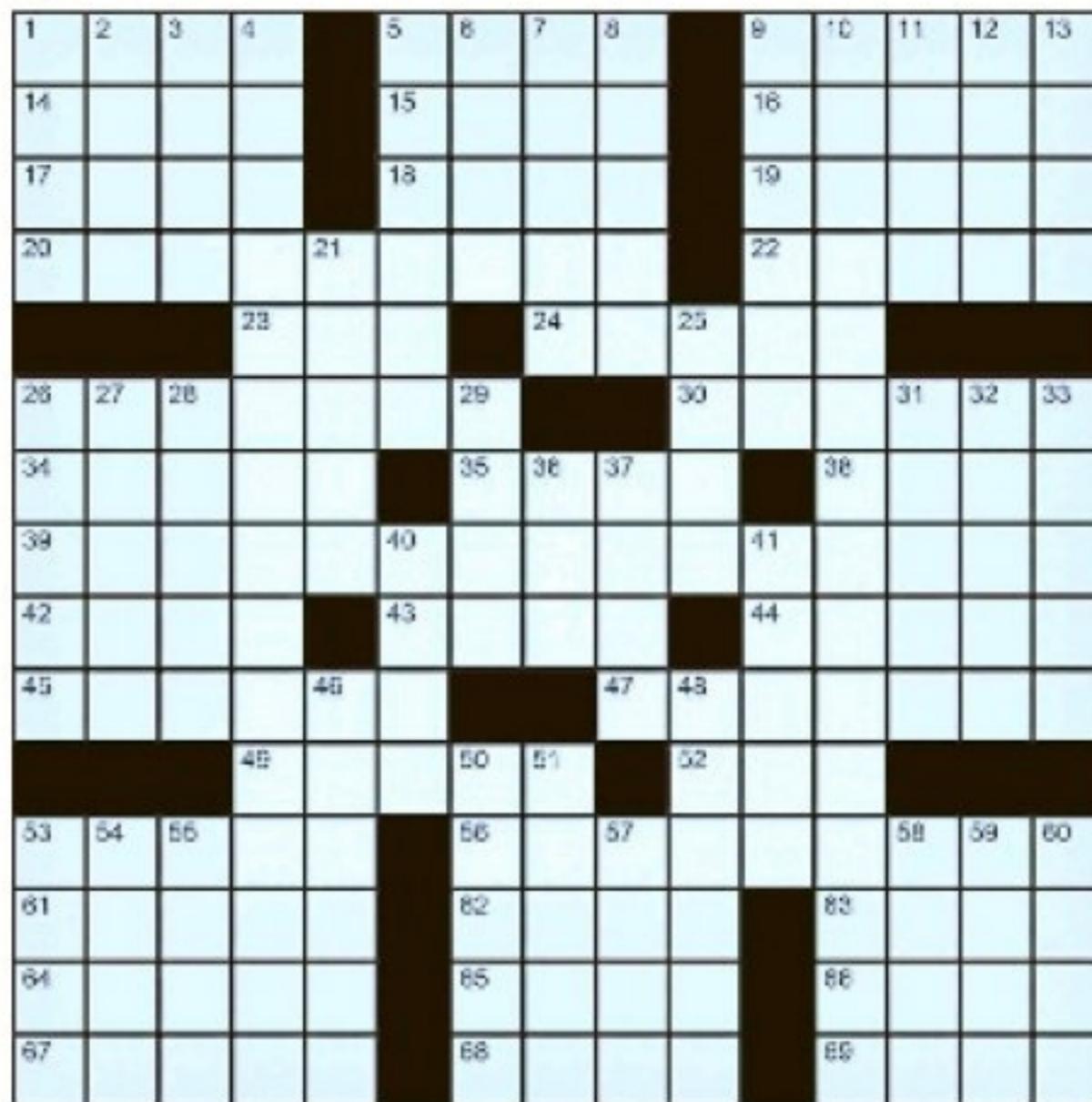
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Put on ___ (Become shirted)
- "Cast Away" (2000) transport
- Will ___ (Ladner, British Columbia born actor ...more at #39-Across!)
- Extinct bird
- Folky Mr. Guthrie
- More right-sounding
- Seed covering
- Circle meas.
- Payment proofs, punyly
- Prime Minister William Lyon ___ King (b.1874 - d.1950)
- "___ be expected..." (No big surprises)
- 'Lemon' suffix
- Ms. Lake of showbiz
- Prospector's lucrative discovery: 2 wds.
- Alcove
- "The Kid ___ Tonite" by Loverboy
- Susan Aglukark's ___ Na Ho (Celebration)"
- Nero's 152
- 2012 comedy in which #9-Across' character was Curly: 3 wds.
- 1896 A.E. Housman poem, ___ Athlete Dying Young
- L'___ aux Meadows (Newfoundland attraction)
- Discharges
- Pressure
- Smokey sight
- "Hallelujah" by



- Leonard ___ (One more thing...)
52. Director Mr. Grosbard
53. Schmoes
56. "How's the agenda looking after this?": 2 wds.
61. Love poetry Muse
62. "Before ___ you go..."
63. "Woe ___!"
64. Clown in the opera Pagliacci
65. Roman ruler ___ Bora
66. ___ Highway
67. Commuter's payment
68. Smile
69. Cravings

DOWN

- Rock star Mr. Duritz
- Afghanistan's ___ Bora
- Relating to lyric poetry
- Fozzie Bear's fashion accessory on "The Muppet Show": 3 wds.
- Sketch star Gilda
- Tucson, ___
- Decorative dash
- Oscar-winner Marisa
- Comics: Wolverine, for one
- For example... Carr-cross or Wrigley or Bathurst Inlet: 2 wds.
- Informally dines

- Cobblestone
- Approximately: 2 wds.
- Mother on "All in the Family"
- 'Demo' suffix
- Brad's of Hollywood
- "Give it ___" (Try!)
- "The Beverly Hillbillies" theme song closer: "Y'all come back now, ___?"
- So
- Port ___ Ontario
- Seven, in Spain
- Ms. Spacek
- 'Loon' add-ons (Canuck dollars)
- Itsy-bitsy bit of a min.
- Foolhardy
- Trompe l'___ (Visual illusions)
- "Must you leave ___?" (Can't you stay a bit longer?)
- Lauren or Timothy
- Bobby or Pam on "Dallas"
- Vancouver Canuck, e.g.
- The Blackhearts singer Joan
- Slangy suffix to "Stink"
- Grade
- Prefix to 'ferous' (Conveying air)
- 'Convul' suffix (Recuperate)
- Comics: Wolverine, for one
- Money... Twenty = Two ___

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Surprise opportunities to travel will fall in your lap today. Act fast, because this window of opportunity is brief.

Taurus April 21 - May 21
Today you can benefit from the wealth and resources of others. If someone offers you something like a gift or a favor — take it. You deserve it.

Gemini May 22 - June 21
Someone close to you might make an unusual suggestion to do something different. Why not say "yes"? You are a curious sign and love to learn anything new and unusual.

Cancer June 22 - July 23
Unexpected praise or a raise might delight you at work today. Something positive will happen. Be prepared to act on it.

Leo July 24 - Aug. 23
Surprise invitations to social events will please you today. Likewise, an unexpected flirtation could make your heart go pitter-patter.

Virgo Aug. 24 - Sept. 23
Surprise company might drop by today. Or you might spontaneously decide to entertain at home. Be on the lookout for unexpected real-estate opportunities.

Libra Sept. 24 - Oct. 23
Spontaneous short trips and chances to see new places and meet new faces will please you today. One thing is certain — it's not a boring day!

Scorpio Oct. 24 - Nov. 22
Unexpected opportunities to boost your income exist today. This might be a new job or ways to make money on the side. You also might buy something for yourself that is artistic, modern or high tech.

Sagittarius Nov. 23 - Dec. 21
Because this is a good time to shop for wardrobe items, you might suddenly discover something you really like. Likewise, a social invitation will please you. T

Capricorn Dec. 22 - Jan. 20
Something hidden or behind the scenes will please you today. It will be like a treat that you did not expect to encounter. You'll feel younger and excited.

Aquarius Jan. 21 - Feb. 19
A friend will do or say something that catches you off guard today, but you will like it. Some of you will meet someone new.

Pisces Feb. 20 - March 20
You might develop a crush on your boss today. Or possibly, someone in authority will say something positive about you. This is a good day to ask for permission for something unusual.

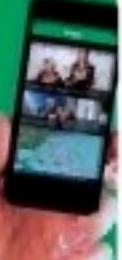
CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

8	3	2	5
6			7
9	3	5	6
2		8	5
7			6
4	1		8
5	9	1	7
1			3
4	2	7	1

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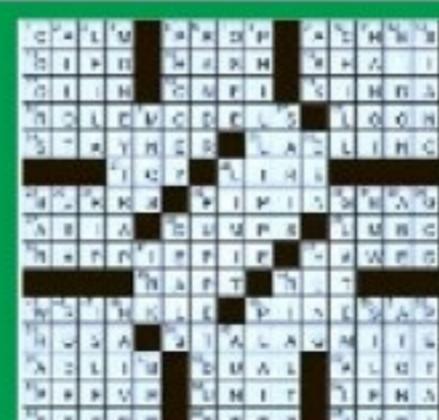


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YESTERDAY'S ANSWERS

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EXAMINE YOURSELF

Every child of God needs to measure his or her life periodically to know whether he or she is still in the faith. Even apostle Paul advised the Corinthians when he said, "Examine yourselves to see whether you are in the faith, test yourselves. Do you not realize that Christ Jesus is in you unless, of course, you fail the test?" (2 Corinthians 13:5). Therefore, as a test, benchmark that life in which nobody sees you against the word of God. Any deviation suggest that you must make amend.

For prayers and counseling call the pastor at 587-579-0154

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